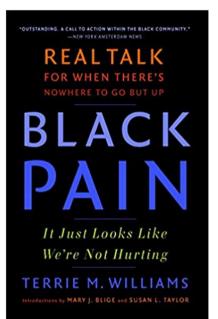
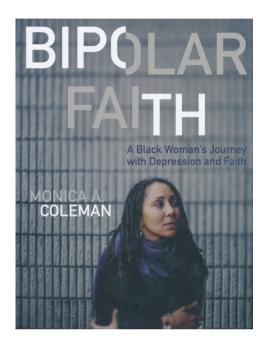
Book Recommendations for Depression

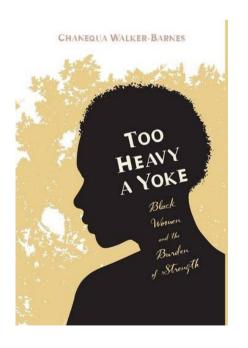


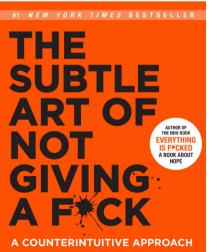
Navigate an Unequal System, Learn Tools for Emotional Wellness, and Get the Help You Deserve

FOREWORD BY NA'IM AKBAR, PHD









TO LIVING A GOOD LIFE

MARK MANSON

Why Has Nobody Told Me This Before?

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