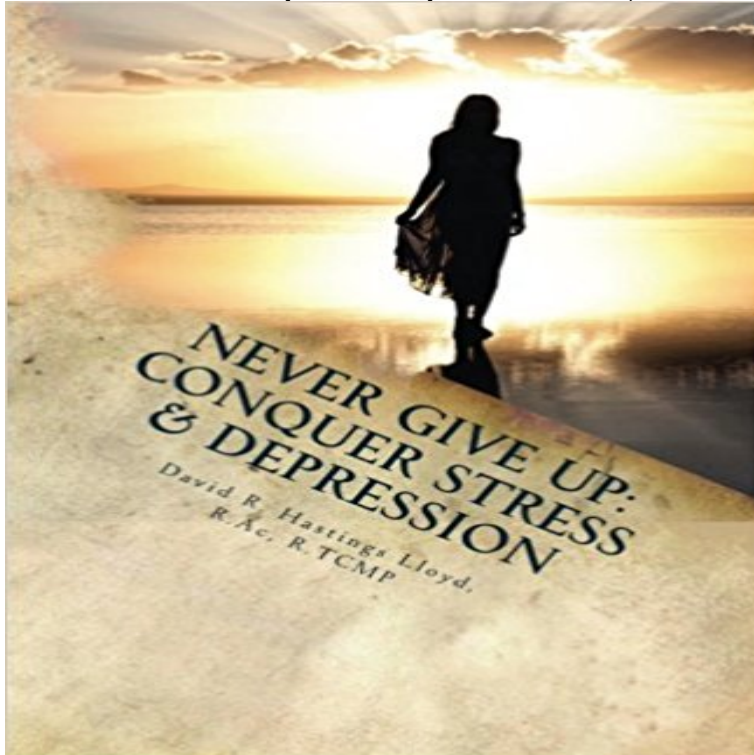


Never Give Up: Conquer Stress, Beat Depression, Build Resilience



Simple Ways to Conquer Stress, Beat Depression, and Build Resilience Have you ever wondered about the impact stress has on your mind and body? Did you know that prolonged stress has been directly linked to depression? Would you like to be able to become more resilient to life's challenges? In this powerful book by David R. Hastings Lloyd, R.Ac, R.TCMP, you will learn the tools needed to identify your body's stress response and alter how it is impacting your mind. You will learn the science behind a potent nerve growth factor called BDNF, often dubbed fertilizer for your brain. BDNF is a powerful neurological protein that helps you develop new nerve pathways and habits in your brain. By optimizing levels of BDNF you prime your brain to grow new neural networks and learn new ways of seeing the world. Most importantly, you will learn about how to increase BDNF and reduce stress hormones NATURALLY using herbal medicine, nutrition, exercise, and natural sleep patterns. Never Give Up will also give you step by step instructions to help you become more resilient. By becoming more resilient you will be able to bounce back from stressful situations and difficult life experiences. Take the next step in your journey to a happier, stronger body and mind ... buy this book today!

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