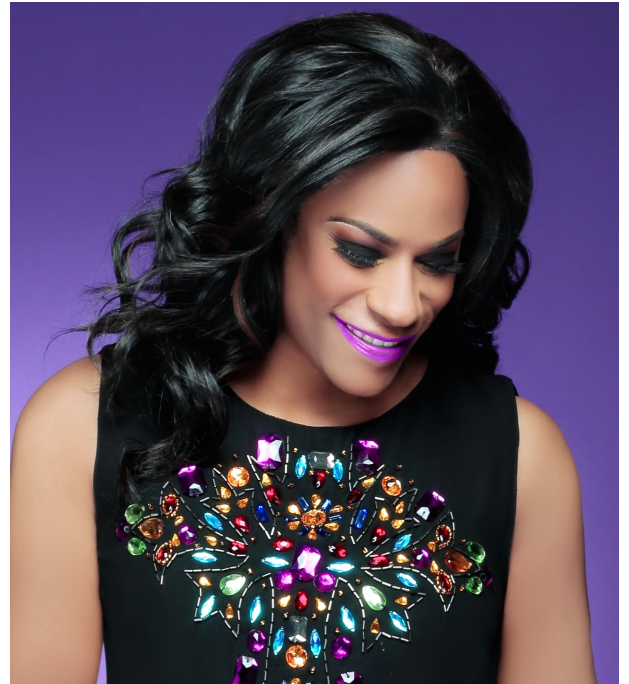
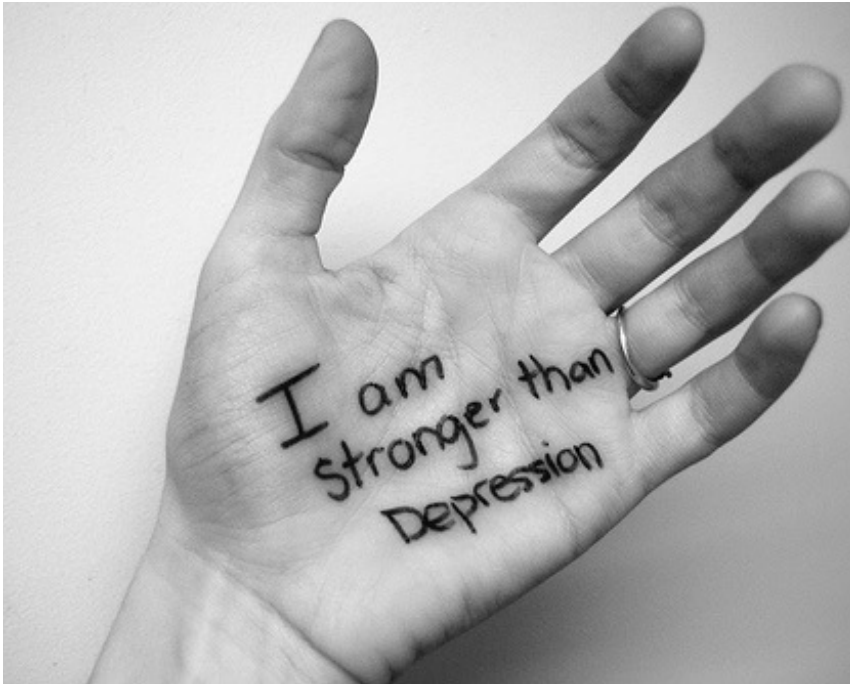


Beating The Odds: A 7-Step Plan To Beating Depression, Naturally!

by *Tonya H. Ware*

FREE RESOURCE



1. **The Power of a Positive Phrase:** Take a break from the negative and **ONLY** listen to the positive. What you hear determines what you feel!
2. **The Good Cry:** It's okay to grieve! Cry about it, let it go, and move on.
3. **The Laughter Medicine:** Laughter does your spirit good. When you're laughing, you're not crying!
4. **The Power of Singing:** No skill needed. Find an uplifting song to sing and give it all you've got! Singing releases worry and puts a smile on your face!
5. **The Body in Motion:** Dance, exercise, walk, or run - a body in motion promotes healthy emotions.
6. **The Right to Reject:** You have the right to reject thoughts, words, or people that bring you sadness, heartache, or pain. Reject, Release, then Refocus!
7. **The Joy of Serving:** Take a break from your own problems and serve someone in need. Change your perspective, change your life!

Get
Tonya's new book,
"Life Is Your Song"
today!