

**Overcoming Depression One Step At A  
Time: The New Behavioral Activation  
Approach To Getting Your Life Back  
By Michael Addis;Christopher Martell PhD**



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12 ways to overcome depression: physical activity, balanced diet, social assistance, doctor, meditation, sunlight, sleep, and others. <http://www.depressionhelps.com/twelve-steps-to-overcome-depression/>

Movies About Depression/overcoming Depression - posted in One Step At A Time: My screen name says it all. I am a big movie fan, as it helps me escape for a few hours. <http://www.depressionforums.org/forums/topic/75883-movies-about-depressionovercoming-depression/>

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