

Powerful Information & Recovery Stories: Depression



My name is Nathan Leary. I'm not a doctor. My qualification for writing this comes from a place no textbook can teach: the lived experience of navigating the depths of schizophrenia. When I needed it most, I searched for a story of survival from someone who truly understood, but I found only silence. This document is my answer—a collection built on perseverance, offered as a source of strength for your journey.

Please, make a difference in someone else's lives by sharing this with others

who may also benefit.

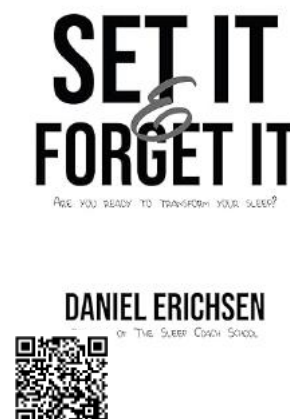
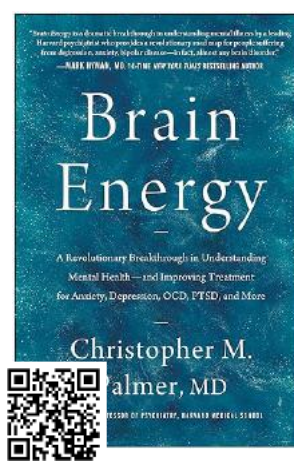
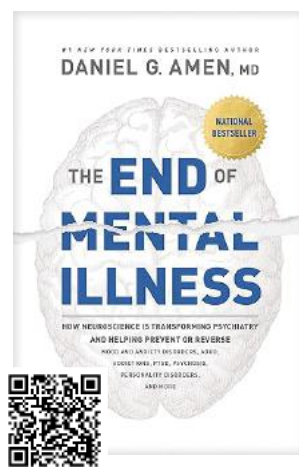
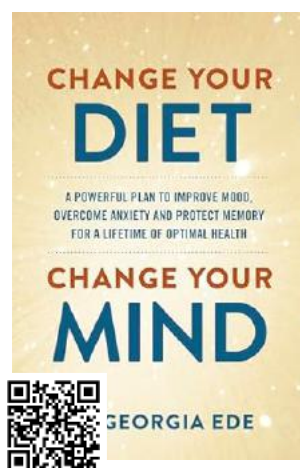
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People's Healing Journeys with Depression & How They Recovered (YouTube Links)





Books that Could Change Your Life... (Amazon Book Links)



Other Links that Might Help... (Website Links)



www.metabolicmind.org

A growing list of mental health success stories and their recovery journeys



cronometer.com

The Most Accurate Nutrition Tracking App



www.brainhq.com

Free World Wide Walking Journey Planner