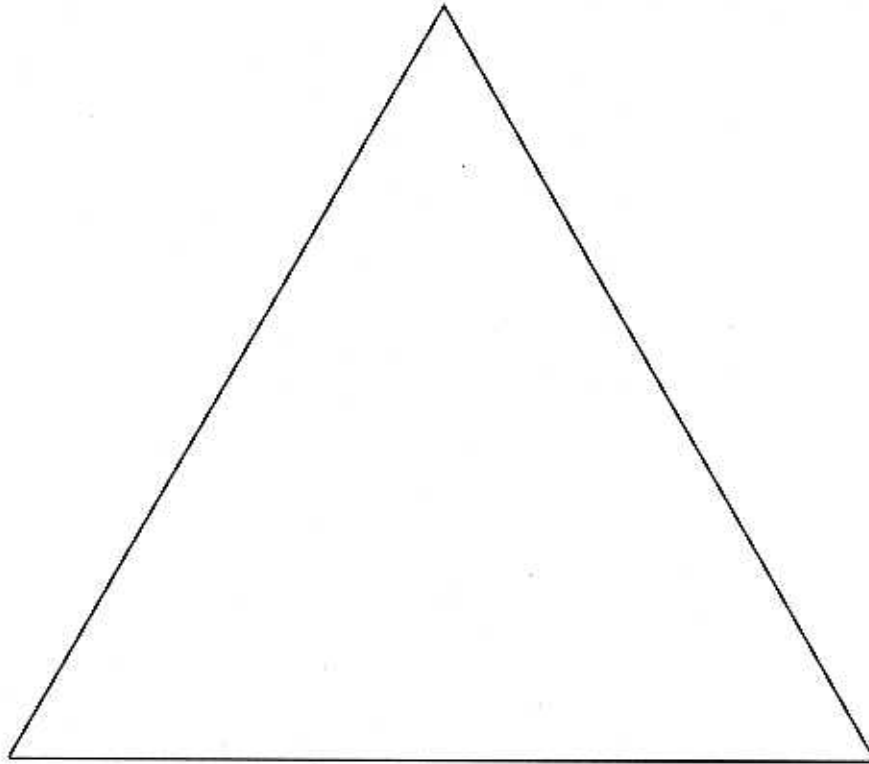


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# The Three Steps of the The Better Mood Recovery Program \*

1. Set the Intention to Heal



2. Reach Out For Support

3. Treat Your Symptoms Using a *Combination*  
of Mutually Supportive Therapies

\* By applying these principles, you will greatly maximize your chances of healing from depression and anxiety.

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Intention + support + tools = mental health recovery

Excerpted from *Healing From Depression: 12 Weeks to a Better Mood*, by Douglas Bloch.

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