
Heal Your Troubled Mind (52 Brilliant Little Ideas) $16.65 (49) In stock. Barack Obama's new memoir. Listen to the highly anticipated memoir, "A Promised Land". Simple ideas, but absolutely brilliant, because small smart ideas often work better than big ones. Not a book for those severely depressed, this is for those of us who live with dysthymia or when one is coming out of a bout of depression. Read more. One person found this helpful. Defeat Depression: 52 Brilliant Ideas for Healing a Troubled Mind (52 Brilliant, Pre-owned. Vintage Book HC/DJ - 2003 "Healing Anxiety and Depression" Amen/Routh. Pre-owned. EUR 8.40. Very Good, Heal Your Troubled Mind: 52 Brilliant Ideas for Defeating Depression. Pre-owned. EUR 3.35. Do your research beforehand to discuss alternative options because you will need to convince your doctor that you have the ability to actively work on your depressive thinking patterns without the aid of medication.[21] X Research source Dr Sabina Dosani, Defeat Depression: Tips and Techniques for Healing a Troubled Mind (52 Brilliant Ideas), pp. Help others.[32] X Research source This can be a good way of moving through your depression once it's better under control, and is often an ideal technique to use when your healing seems to have temporarily plateaued. Helping other people going through hardships removes your concentration from yourself and onto others, which can be good if you're prone to too much introspection.