



## Stopping the Roller Coaster

*Shelley Waldaias*

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# Stopping the Roller Coaster

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## **Stopping the Roller Coaster** Shelley Waldaias

In *Stopping the Roller Coaster: The Ups and Downs of Depression and Manic Depression*, Shelley Waldaias gives you a glimpse of how depression impacts the everyday life of real people. Shelley draws from years of trial and error with her depression symptom management so that others can learn new ways to stop their own roller coaster life. From making your bed to getting out of the house to trying to figure out how to just make it through another day... If this sounds like your life or the life of someone you know and care about, Shelley has put together an easy-to-read, practical guide that is filled with realistic ways to break free from the stranglehold of depression and begin to discover what it means to not be the victim of your emotional roller coaster life.

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