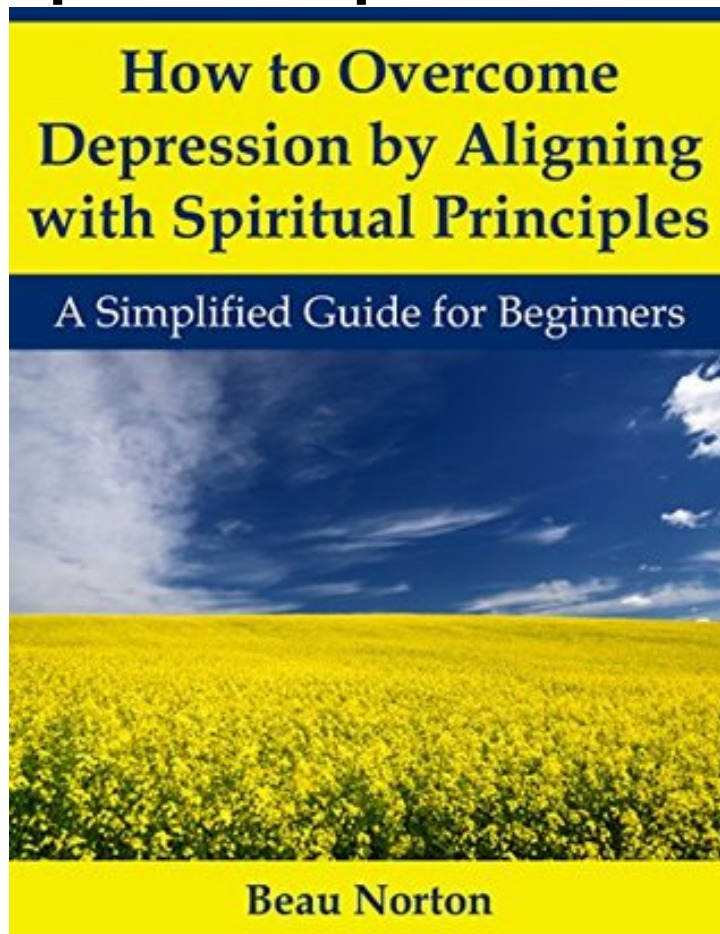


# How to Overcome Depression by Aligning with Spiritual Principles: A Simplified Guide for Beginners



Title: **How to Overcome Depression by Aligning with Spiritual Principles: A Simplified Guide for Beginners**

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Several years ago, I went through the deepest, darkest depression I had ever known. It was on the verge of suicide when I finally surrendered and said, "Please God, if you exist, help me, because I obviously don't know how to handle this on my own." My life has been radically different ever since that day. In this short guide, I will explain in very simple terms the steps you can take to overcome your depression and go on to live an amazing life, just like I have done. Read the latest Life & Style News and Reviews from Daily Life, including Fashion, Celebrity, Beauty, Wellbeing and Home & Style.

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