



No More Loss: Preventing Suicide by Building a Healthy Body, Mind, and Spirit

Nancy L. Rose

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People think you're crazy, hormonal, or just a depressed or mood person....Maybe you've even believed it. But the truth is, it's not who you are! You were born for greatness! You were born to accomplish many things and to live a joyous, stable, secure, productive, fulfilling life! In order to obtain freedom from mental illness it is important to address five components to healing: Spiritual, Emotional, Neurological, Nutritional, and Physical. Any one of these addressed by itself can only bring you so far. All five areas need to be addressed and maintained on a regular basis in order to obtain true health and freedom from mental illness. Author Nancy Rose, shares her own personal story with bipolar disorder and an attempted suicide. She has spent her life studying mental health, nutrition, fitness, and the word of God in order to find freedom from mental illness. You will discover how Nancy found total freedom from mental illness, how there are root causes to mental health problems, and how you can find freedom for yourself!

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