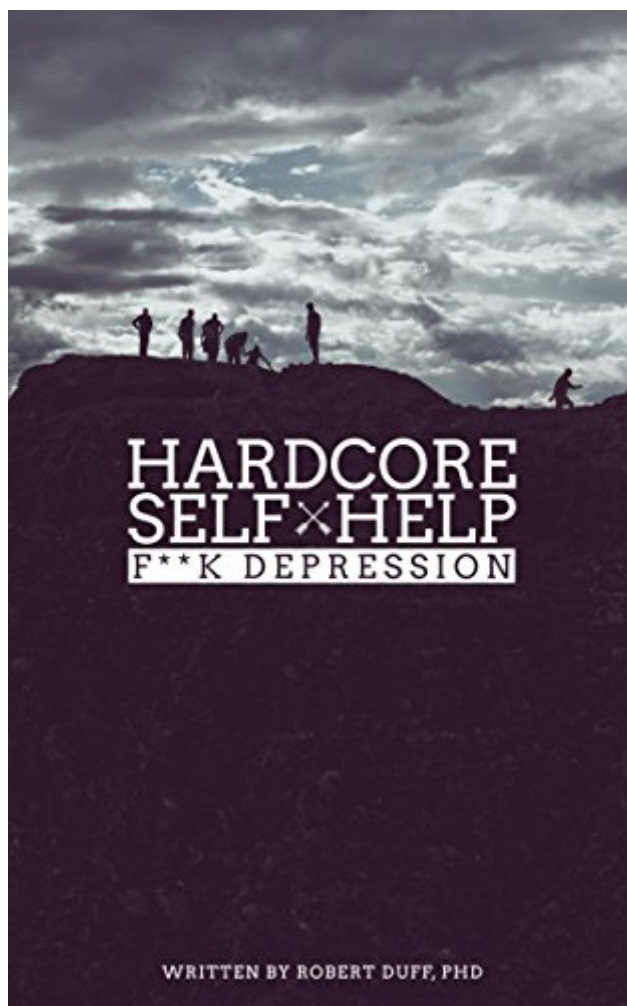


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# Hardcore Self Help: F\*\*k Depression



## Synopsis

Hardcore Self Help: F\*\*k Depression is the follow up to the best-selling F\*\*K Anxiety. In this book I take the information, tips, and insights that I have gained as a psychologist and translate them into language that doesn't suck. This is the self-help book for people that don't usually like self-help books. In Hardcore Self Help: F\*\*K Depression, I talk to you like a friend. That means I speak directly to you without psychobabble. Instead I tell you why your brain is such a troll. I explain why you have literally no energy or motivation. I tell you why people are so terrible at offering help. Best of all, I tell you how to take realistic steps toward solving these and many other issues caused by depression.

## Book Information

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## Customer Reviews

This is a great How To Fix Your Brain Manual for men who dismiss the silly notion that they're fighting depression. You may not be depressed, or you may be. Either way, the

author explains brilliantly how your brain can fight against you, and how to kick its a\$\$ back into shape. You won't find a lot of philosophical BS or heavy theory. It's an action-packed easy-reading manual, not a dreadful schoolbook or sales pitch. The author doesn't set you up to become a part of his profit channel. He's not a self-help guru in a leisure suit. He's a really smart dude who talks to you like a friend. You can tell he really cares about helping people. What you'll find is common sense explanations and actual, usable stuff that works to get you over that hump you've been stuck on. And you can read it quickly. Get it. Read it. Kick yourself over the hump. You can do it, and this book shows you how.

Very to the point book with great advice. This book is not like most self help books with wording and guidance you just can't wrap your head around unless you yourself are a psychologist. While it may seem as if it is directed toward men, I loved it for its straight forward approach and wording. A great read, with open, honest advice.

I have started seeing a therapist but wanted to have a bit more information about depression, and this book seemed like a good place to start. This book gave me better insight and some hope. Surprise bonus character sheet! Depression may have ruined my marriage, but hey, at least I can now start a new adventure.

Great book! The author speaks like a normal human being, though he has a Ph.D. He breaks down complex issues and helps the common person without a psych degree better understand these difficult subjects. He has another book on anxiety and I will be giving it a read!

It's not too often to get a doctor's knowledge of depression in such a relatable and yet humorous way. A realistic, yet enjoyable read for those who suffer from depression to those who don't fully understand it. Great read.

I read this book in one day. All I can say is IT HIT THE NAIL ON THE HEAD. Thank you Robert Duff.

This book truly helped me understand ways to make me understand my own mind. I really recommend this book to anyone who has tried to handle their own depression and just need an extra hand up.

For a Selfhelp book this is a good one. I found a lot of useful information which is good because I have read my share of these books. Some of the info is the typical depression guidelines. But I guess it wouldn't be a book on depression without them. It's easy to understand written for regular people.

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