Title: Conversations

Subtitle: Big Black Dog of Depression Second Subtitle: Big Black Dog of Depression

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URL: https://www.wizanda.com/modules/newbb/viewtopic.php?topic_id=26

To fix the Big Black Dog of depression:

Don't use chemicals to patch it up, else you damage the host, not the sy Don't put all your issues out in one go, looking for quick solutions.

Learn to internally push through the traumas one by one, in deep meditat