

# Busting Away Depression

By Lyndall Briggs & Gary Green



This kit includes a simple,  
proven & effective CD + **GUIDEBOOK.**  
Expect to experience Happiness, Joy & Laughter quickly/easily!



# FREE Sample

To succeed you need the Busting Away Depression Cd which has been proven effective through scientific research, with benefits almost guaranteed immediately! It also comes with the complete version of the 25 page Busting Away Depression Biblio-therapeutic Guidebook.

## ABOUT THE AUTHORS / NARRATORS

Lyndall is the President of the Australian Society of Clinical Hypnotherapists (RMASCH/Supervisor), Fellow/Supervisor and Board Member with the Australian Counselling Association (FACA), Clinical Member/Supervisor and Board Member of the ABNLP (Australian Board of Neuro Linguistic Programming), Full Member of the Australian Association for Psychological Type Inc (AusAPT), Master Practitioner of NLP with a strong background in Emotional Freedom Technique (EFT) and Nutrition through the International Academy of Nutrition (IAN).

Gary's a Peak Performance Coach, 6th Dan Taekwondo Master (MAIA) & international speaker with formal qualifications in Performance Psychology (ACAP), Technical Analysis (ATAA), Clinical Hypnotherapy (NSWSHS), Coaching (ASC), Workplace Training/Assessment (ISA) & a University Masters Degree in Counselling (Psych. UWS). He's also a long term member of the NSW Justices' Association (NSWJA), Theosophical Society (TS), Mensa & fully accredited Clinical Member/Supervisor with the Australian Counselling Association (CMACA). For a complete list of their qualification, please visit the [SelfDevelopment.biz](http://SelfDevelopment.biz) website.



## BUSTING AWAY DEPRESSION (BAD)

One in 4 people will suffer depression at some point in their lives & as such, it's nothing to be ashamed of. In fact, some of histories most successful people have suffered depression, prior to achieving greatness! Happiness & harmony need to be contrasted with depression or disharmony before they are ever fully appreciated. A piano keyboard has all the notes to make perfect harmony or utter discord. Whether you make one or the other depends upon how you use the keyboard. So too with your mind...

Depression is a disorder or **discord** that is characterised by feelings of worthlessness, guilt, sadness, helplessness & hopelessness. In contrast to normal sadness or grief, this discord is often persistent & severe. If you aren't sure that you're suffering from this challenging condition, please visit your physician or our website for a free test.

## Busting Away Depression<sup>©</sup>

Our synergistic method of treating depressed clients began in 2001 & as of going to print is still **working wonders**. The implementation of our highly effective program has seen improvements in a high number of clients following as little as 2 weeks diligent practice. In fact, the more of the following “tips” you implement, the faster & better this program will work.

Basically there are two types of discord, exogenous or endogenous. Exogenous discord results principally from **external** events (i.e. a lost love or death in the family, etc). The other is caused principally from **internal** physiological or biochemical imbalances. While drugs may be temporarily necessary in some cases, they seldom get to the root of the problem that has caused the discord, or fix it at that level. According to Dr John Tilden, “In 25 years in which I used prescribed drugs & 33 years in which I have not used prescribed drugs, should make my belief that drugs are unnecessary & in most cases injurious, worth something to those who

care to know the truth.” As professional practitioners in this field, we agree.

Taking drugs for an exogenous discord without addressing the cause, is similar to leaving your hand on a hot stove & popping pain killers to fix the problem (not clever)! If you're presently taking medication for mind or mood, there's no harm in continuing that intake while implementing as many of the following suggestions as possible/practical. If you'd like to stop taking your medications or start taking supplements, do so only after consulting your medical expert. Now, here is a list of things you can grab hold of & implement immediately to start feeling better...

## **TIPS FOR BUSTING AWAY DEPRESSION (BAD)**

**Keep a positive focus** - Positive & negative thoughts can't occupy the human mind at the same time. One or the other must dominate. For example, build a clear picture of the Sydney Opera House in your mind. Got it?

# Busting Away Depression<sup>©</sup>

Now without taking your mind off that mental image, not even for a second, say out loud what you had for dinner last night... Chances are you can't without losing the picture! It's your responsibility to make sure you focus on positive thoughts & off negative ones. Don't beat yourself up. We often forget that the choices we made at certain milestones in our lives were the best choices we were capable of making, given the circumstances & understanding at that time.

**Learn to let go** - Learn to let go. This statement is worthy of repetition. Sometimes knowing the difference between a situation over which you have control & one over which you have no control, can help. If you feel there is nothing you can do, acceptance may be the answer. There are just a few aspects of our life that we can truly control & it's useful to know just which ones . . .

End of Free Sample

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Please visit our website at **[www.SelfDevelopment.biz](http://www.SelfDevelopment.biz)** & register your CD + Guidebook kit. Registered users receive FREE Self-Development Power List subscription valued at \$19.95 per annum, plus many other benefits. We'd also love to hear from you because we value your feedback. Everyone who sends in a testimonial about their success with our products also receives an e-book of 1001 Inspirational Quotes valued at \$15.95, as our way of saying thank you ☺. Now it's time for you to awaken your sleeping giant within & do whatever it takes to change your life for the better! Expect to succeed & you will. Remember, the haves & have nots can often be traced back to the dids & did nots... We believe you're a doer! Wishing you happiness, joy & laughter - Lyndall & Gary