

THIS IS YOUR BRAIN ON DEPRESSION

FINDING YOUR PATH TO GETTING BETTER

Dr. Faith G. Harper

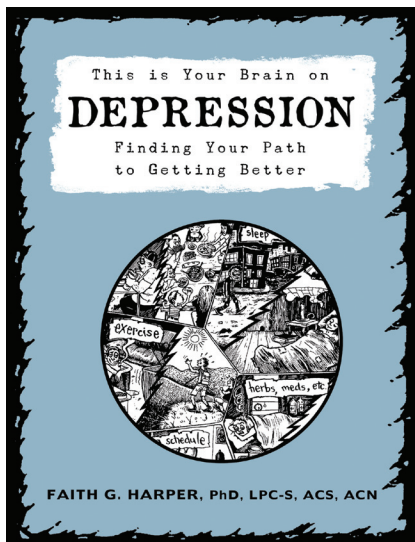
*Embrace your feelings
and connect with your
meaning and purpose*

People who have never been depressed have no idea what it's like. And people who have know all too well how tough depression can be to live with. Dr. Faith explains the brain science behind depression (complete with Zuul references) and talks you through the different options out there for getting better. Because yes there are things you can do to feel good again (including drugs but avoiding spiraling successions of drug cocktails). If you need solid expert advice from someone who can also make you laugh your ass off, this book's for you!

- ▶ **Fills the need for effective mental-health resources in this political climate**
- ▶ **Highly informative, scientifically based, and relatable**
- ▶ **A much-needed tool to fight the pervasive depression epidemic**



Faith G. Harper, PhD, LPC-S, ACS, ACN is a bad-ass, funny lady with a PhD. She's a licensed professional counselor, board supervisor, certified sexologist, and applied clinical nutritionist with a private practice and consulting/training business in San Antonio, TX. She has been an adjunct professor and a TEDx presenter, and proudly identifies as a woman of color and uppity intersectional feminist. TheIntimacyDr.com



- **National and local press campaigns**
- **Kickstarter campaign**
- **Goodreads Giveaway**
- **Dr. Faith is a licensed professional counselor and a prolific author of mental-health books and zines**
- **Authors' previous works have sold a combined 25,000 copies**

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cyn@microcosmpublishing.com |
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