



Zehhu: Crossing the Bridge From Depression to Life (Volume 1)

Ben Isaac

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Are you stuck in depression?

Have you experienced the trauma of a divorce, estrangement or career loss?

Do you feel like you have lost everything, including the will to live?

Zehhu: Crossing the Bridge from Depression to Life takes you on a journey from broken and despondent to a healthier, happier, more productive life. In these pages you'll discover:

- How to deal with the despair of depression
- How to develop practical habits to build a stronger body and mind to fight depression
- How to reach out to a person suffering from depression
- Why 'tough love' and social distancing of a person in depression only makes matters worse
- How to help yourself or someone you love suffering depression to live a better life

Using lessons from nature, you will learn healthy ways to cope with the darkness of depression and begin to build a brighter life.

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