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 Depression-Free, Naturally by Joan Mathews Larson, PhD ...  
 Depression-Free, Naturally: 7 Weeks to Eliminating Anxiety, Despair, Fatigue, and Anger from Your Life by Joan Mathews Larson, 2001-03-01. Trade paperback (US). Glued binding. 384 p.  
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 8 weeks on Sertraline and I'm a different person ... maybe 6-7 weeks, but it did work just like last time. I'm back fighting fit again and have had a wonderful Christmas with my family. ... it's always forced. It doesn't come naturally to me so people didn't like people like me. I'm too lazy to write this but basically I feel so bitter. I ...

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