

"An inspiring program toward happiness that should be required reading for those suffering from the painful clinical depression or the 'everyday blues' of life."

—ANN C. DEBOLD, Ph.D.,

Professor, Center for Human Health, University of South Florida

A Proven, 7-Step Program
for Overcoming Depression

Creating

Optimism

BASED ON THE POPULAR
UPLEFT PROGRAM

Bob Murray, Ph.D.,
and Alicia Fortinberry

Creating Optimism A Proven Seven Step Program For Overcoming Depression

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