

Reviews of A. B. Curtiss's work

"... takes on head first the causes of depression... what it is and how it affects us, and how we can control it..." Newbookreviews. com .

"...can you shake this negative mood? Yes.... fight back by shifting your brain into high gear." Self Magazine.

"Excellent work, highly recommended." The Electric Bookstore

"...we literally disconnect the message that we are depressed from one part of the brain to another...Chicago Tribune.

"NEVER read a more profound discussion on this topic"
Zoloft Message Board.

"When you come out of depression, it is like being reborn into a bright, new world..."
Human Resource Magazine.

"...suffered deep depression for twelve years... more than three years since I read Depression is a Choice ... I am cured of my depression. Daliah. Rainone, amazon. com.

"I've been through it all - drugs, drugs, drugs, more drugs, therapy, drugs, more therapy, group therapy, workbooks, books, drugs, and drugs. After 30 years of depression, this book HELPED." S. F. Reader, amazon. Com.

"Excellent way to re-think your depression... Robert P. Tema, amazon. Com.

"... culminating healer of my lifelong depression... this book empowered me... No more pills after about 45 years of pills... so grateful." Barbara L.

"...requires a certain vigilance and effort... but... worth it." Adam Swartz, amazon. com.