



# I Want to Change My Life: How to Overcome Anxiety, Depression and Addiction

*Steven M Melemis*

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# I Want to Change My Life: How to Overcome Anxiety, Depression and Addiction

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**I Want to Change My Life: How to Overcome Anxiety, Depression and Addiction** Steven M Melemis  
The book contains a five-point plan for overcoming anxiety, depression, and addiction. Learn the symptoms, treatment, and relapse prevention strategies that will change your life. Learn new coping skills such as cognitive therapy, stress management, and mindfulness along with step-by-step instructions on how to use them. The book includes numerous exercises and a one-month program to help you get started. Dr. Melemis is a leading authority in addiction and mood disorders who has helped thousands of people improve their lives. For more information refer to [IWantToChangeMyLife.org](http://IWantToChangeMyLife.org).

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