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help books'

***'the Hardcore Self Help Podcast With Duff The Psych Podcast***

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*UPWARD SPIRAL USING NEUROSCIENCE TO REVERSE THE COURSE OF DEPRESSION*

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june 1st, 2020 - i am dr robert duff a psychologist from southern california but i m also a regular dude who legitimately wants to help out i wrote the best selling books hardcore self help f k depression and hardcore self help f k anxiety'

'**9 depression blogs that provide support betterhelp**

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**May 17th, 2020 - hardcore self help f k depression if you usually don t care for self help books then you might want to check out this read by dr robert duff in the book he talks to you as a friend and not a doctor" **HARDCORE SELF HELP F K DEPRESSION BOOK BY ROBERT DUFF****

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and insights that i have gained as a psychologist and translate them into language that doesn't suck,

**a letter to those who don't understand depression the mighty**

**June 3rd, 2020 - author's note this letter has been shared on duff the psych and was originally published in his bestselling book hardcore self help f k depression it has resonated with thousands of people and is available as a downloadable printable as well'**

**'how to fight depression naturally 20 strategies**

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**June 6th, 2020 - the key to self treatment for depression is to be open accepting and loving toward yourself and what you re going through 2 if you need to wallow wallow but do so constructively"the hardcore self help podcast episode 1**

**May 22nd, 2020 - this is the first episode of my new podcast the episode that you are listening to is from last week to get this week s episode check it out at the following links or just wait until next week'**

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