

## Escalating Success: 101 Ways to Move Past Depression



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### ***Reviews***

*Basically no phrases to spell out. It is actually rally interesting throgh studying time. You can expect to like just how the article writer create this publication.*

*(Braden Leannon)*

## ESCALATING SUCCESS: 101 WAYS TO MOVE PAST DEPRESSION

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Poinsettia Publications. Paperback. Book Condition: New. Paperback. 278 pages. Dimensions: 8.9in. x 6.0in. x 0.8in. Keshawn Durant - All Region, All City, All Conference, and MVP throughout his athletic career (basketball, football, baseball, and track-n field)- has penned his autobiography. The oldest brother of the NFL's Jacksonville Jaguar Justin Durant and the CFL's Saskatchewan Roughrider Darian Durant, Keshawn Durant stands tall after becoming injured and ill. After losing his football career due to his ailments, he suffered bouts of major depression; however, he has now found his way. He continues to escalate toward his true success. Escalating Success displays an accurate, intimate account of his life in this heart-wrenching and uplifting life story. Having endured all of the good and the bad that life has provided, Keshawn has no regrets and is sharing his love for sports and his love for life with the world. He has been featured on TSN and a variety of blogs and internet radio stations. He hosts a weekly teleseminar - covering topics such as depression, goal-setting, and athletics. Escalating Success contains the life story of several other athletes and how they too suffered from depression after being injured or becoming ill. Listen to how each family overcame the obstacles that are presented to them as athletes. Expert commentary from top clinical and sports psychologist Tom Ferraro is also included. Dr. Tom Ferraro is a noted clinical psychologist who has treated professional and amateur athletes for the last 20 years. He published in Europe, Asia and the US on the subject of sports and the psychological makeup of the athlete. There is also licensed therapist Tom Kearns providing his insight into the NBA in the autobiography. In addition to all of this, there are 101 natural ways to overcome depression included! 10 of all proceeds will...

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