

KRISTIAN HALL



GLAD IGJEN!

Hvordan bli kvitt depresjon
steg for steg

CAPPELEN DAMM

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Hvordan bli kvitt depresjon steg for steg

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Kristian Hall

Happy again

Happy Again is a life-affirming program that, step-by-step, helps you improve your life or become totally free of depression. The program is designed to get you started, even when everything looks hopeless. With this book, Kristian Hall has assembled the tools which he lacked for himself while suffering from depression for ten years. The book is also suitable for close relatives and healthcare professionals. Preface by psychologist Knut-Petter S. Langlo.

Kristian Hall

Kristian Hall (1977 -) lives in Norway with his wife and son.



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