

KRISTIAN HALL



CAPPELEN DAMM

Cappelen Damm 2018  
208 pages  
Original title: *Glad igjen!*  
*Hvordan bli kvitt depresjon steg for steg*  
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#### OTHER TITLES

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Happy Again! Workbook (2019)

## Kristian Hall

### *Happy again* *How to beat depression, step by step*

*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

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**Kristian Hall** (b. 1977) is a graduate civil engineer and has held various directorships in the business sector. He is passionate about reaching out to anyone who is struggling with depression, with a message that it is possible to become much better or completely healthy. Since recovering from after more than ten years of deep depression, Kristian is working actively with helping others who are struggling with depression.



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