



# **Words That Heal the Blues: Affirmations and Meditations for Living Optimally with Mood Disorders**

*Douglas Bloch*

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# Words That Heal the Blues: Affirmations and Meditations for Living Optimally with Mood Disorders

*Douglas Bloch*

The original *Words That Heal* sold more than 85,000 copies and has been translated into five languages.

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