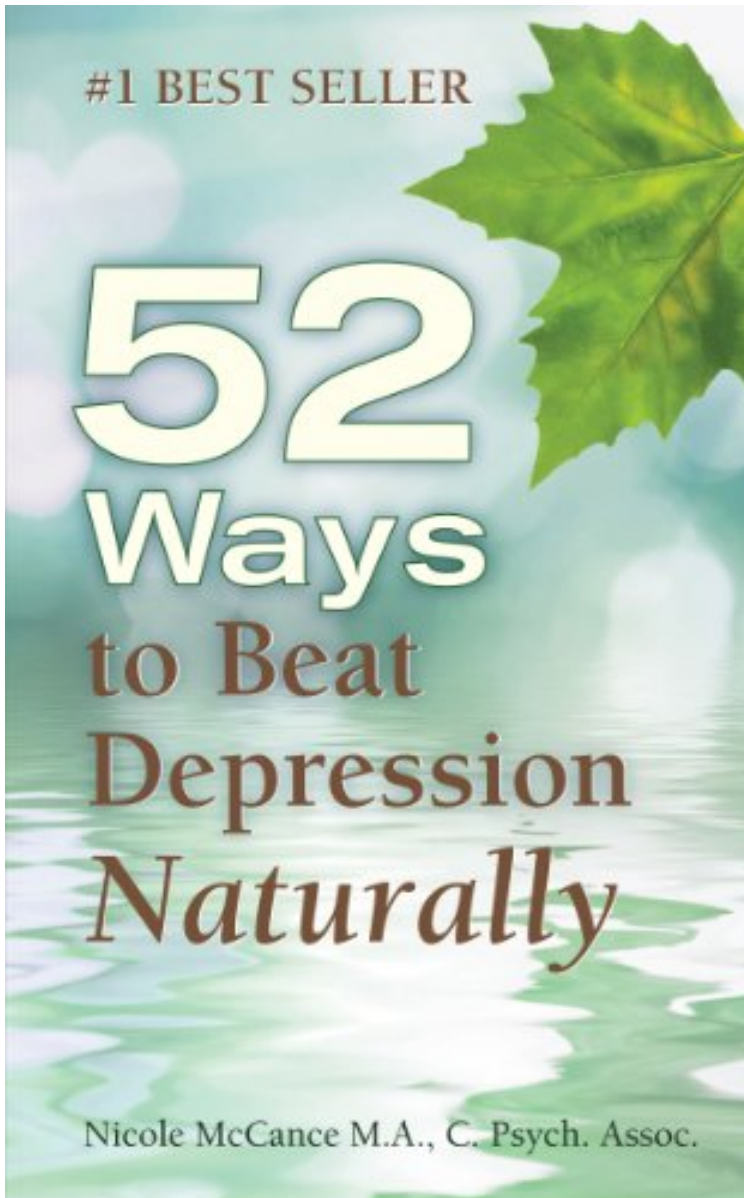


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the right direction. As a Psychotherapist working in the field of depression for over 10 years, Nicole McCance has compiled 52 different techniques, tips, and exercises that you can do right now to start feeling better. Just try one, and you will feel the difference.

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Biographie de l'auteur
Nicole McCance is a fully licensed psychotherapist and author with more than a decade of experience in the treatment of depression. She has been a frequent contributor to media outlets such as CP24, CTV News, CTV National, Global TV, CBC News, Rogers, CBC Radio, The Toronto Star, Eligible Magazine, Canadian Living, and the Cosmo Television show Love Trap. She owns Nicole McCance Psychology, which has over ten locations providing individual and couples counseling, and she provides both public and corporate wellness workshops across North America.