



Post Depression: Living Your Life, Your Way!

Health and Wellness Coaching

You know that you must
change your life but you
don't know where to
begin!

Do you find it difficult to
stay motivated when trying
to make these changes?

Personal development
MINDSET Life Coaching can
be the solution you are
looking for!

Depression has many different causes and many different cures.

The following two pages focus on **1 cause**: an imbalance of your brain's neurotransmitters; **1 cure: TMS**, the need for increased electromagnetic stimulation of your brain and **1 positive post-depression form of aftercare**: life coaching for your well-being.

They are about life after successful treatment of depression, first using an intensive regimen of **TMS** for the alleviation of all your major depression symptoms, and life coaching for developing and supporting your action plan for non-depressed living.

For many patients, **TMS** can successfully alleviate your symptoms of major depression without the need for follow up therapy or psychotropic medication. What caused your depression is no longer important; it is that you **DO** something positive and permanent about rebuilding your life, starting **NOW!**

Once your electromagnetic imbalance and depression have been corrected through **TMS**, psychotherapy, and/or psychotropic medication, your doctor can refer you for life coaching: your "normalized" option for depression free living.

Life coaching is an invaluable, empowering companion to post depression living. It helps support and stabilizes the now non-depressed person by emphasizing their strengths rather than analyzing the whys and wherefores of their previous depression. It teaches positive living.

In my opinion, it is important to get rid of your debilitating depression first, then, go about the task of rebuilding your life with whatever support is most appropriate for you at that time!

**For many, after TMS, there is nothing left to fix,
just lots of positive living to experience and learn!**



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For many, depression, even in remission, still has the residual absence of positive action; i.e. negative non-**DO!** Its self sustaining cure is found in the replacement of past depressive activities with positive purposeful, non-depressed **New DO!**

Once the physiological aspects of depression have been successfully cured, once the disabling and debilitating effects of depression are in remission, the previously clinically depressed patient still has to learn how to function as a “normal” non-depressed individual. They are no longer “sick”, and so, they no longer need to be treated a patient. They need a supportive guide and process to help them focus, to help them build a post depression life.

“It’s my life, I can do what I want!” - Eric Burdon and the Animals

I call this **DOing** the New **DO NOW!**

In my opinion, as soon as all the pervasive, debilitating symptoms are in remission, life coaching becomes the positive alternative, that next step for persons recovering from depression. Once depression is over; once vegetative and neurologic symptoms are gone, patients need to be released as patients and empowered as clients in remission, with coaching support to help them plan to build and rebuild their lives.

If you are interested in a **FREE and Confidential Consultation** to see if and how I can help you build the post-depression life of your CHOOSING, please call me at **559-273-8986** or email me at **garysgrossmanphd@gmail.com** and in subject line state “interested in a free consultation”.

Thank you in advance for your time and consideration.
To your non-depressed new life,

Dr. Gary

Gary S. Grossman Ph.D.
Affectionately known as
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