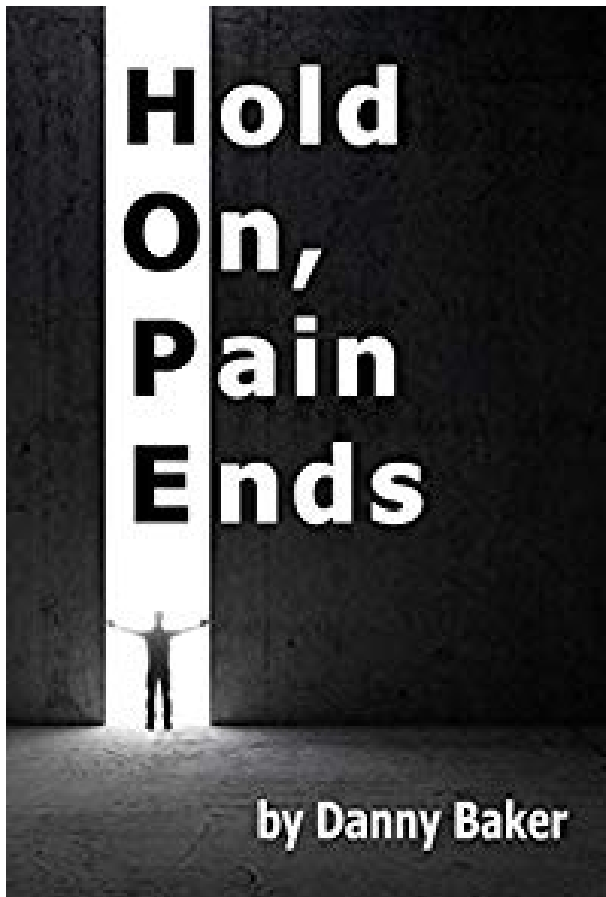


Hold On, Pain Ends (Depression is a Liar #3)



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[Hold On, Pain Ends \(Depression is a Liar #3\).pdf](#)

[Hold On, Pain Ends \(Depression is a Liar #3\).epub](#)

From the author of the #1 international mental health bestseller *Depression is a Liar* Hey there, my name's Danny Baker, and if you suffer from depression, I just want to say that you are not alone. Like you, I know how painful depression is. I know how difficult it is to get out of bed some days.

I know how depression can suck the pleasure out of everything.

And worst of all, I know how it can trick you into believing that your despair is permanent, and that it's destined to oppress you for the rest of your days. Of course, because I've suffered from depression myself, I also know how helpful it can be to receive some additional support and encouragement throughout your day. For this reason, my newest book *Hold On, Pain Ends* - the third book in the bestselling *Depression is a Liar* series - is comprised of 365 supportive, uplifting quotes to help you start your mornings off in a positive mood and help you cope with your depression as the day wears on. Of course, you can also re-read your favourite quotes throughout the day, or read through all of them when you're going through a particularly difficult time and need all the help you can get to keep your depression at bay.