

## Don't Make This Fatal Mistake

“I heard that vitamin D can actually be toxic if taken too much, do I take it? Hmmm... Maybe I should research this for 5 more hours.”

“I don't think that would work. I know it wouldn't work. No point... I'm doomed. Nothing can beat depression.”

“I hear what you are saying but xyz says this and my doctor said this... My sister told me that depression also can be genetic, so not sure that would work either.”

How often when we are depressed, do we sit and think for houuuuuurs on end? How often do we sit and ponder whether or not one approach will work or not? How often is this done in *isolation* and we spend an entire day arguing about certain aspects of depression that we think we know, yet we don't because we are obviously still depressed?

When people get depressed, they get stuck in **decision paralysis**. It is in its nature, so don't beat yourself up over it. Depression actually lowers your ability to make decisions.

The problem is, this is **exactly what keeps you depressed**. You likely debated forever whether or not to even buy this program, even at its low price, and with no risks due to the guarantee!

What you want is to be free from depression. If you are depressed, then you obviously haven't been doing what **works**.

What we want to do, is experiment with things until we **find what works**. Obviously, a little research is fine, you don't want to be taking some random supplement without knowing about it.

But if something, like magnesium or vitamin D for example, are so proven to be deficient in a majority of depression cases and you can get testing done to ensure you are in the proper levels, all you need to know is the right brand and to go **try it and see what happens**.

You need to start trying everything. You need to open your mind to all the possibilities of what could be causing your depression and what could fix it.

This is how I freed myself, and how you are going to do it also. I finally realized I had enough and was going to kill myself in one year if I didn't figure it out. Guess what that did? That's right, it forced me to *actually try and do things*.

All you want to do is test what works and what doesn't. Find out what brings you results or not.

Be ruthless here. Delete all your limiting beliefs or what you think helps you. Forget about whether or not you think you already eat healthy.

simply TRY IT out for YOURSELF.

I promise you if you adopt this mindset and focus purely on results in your life and recovery from

depression.

Everyday you will learn more and more about yourself and be one step closer to being depression free.

Focus on RESULTS and discovering for yourself what brings these results in your recovery, and you will start to see the results happen in your life.

Think about it. If you are still depressed, do you actually know what you are doing when it comes to beating depression? If you did, you wouldn't still be depressed, would you?

Don't make the fatal mistake of thinking you know everything there is to know about depression. Don't make the fatal mistake of thinking something that is safe won't work *before trying it out* on yourself. Don't make the fatal mistake of being trapped in a state of paralysis.

Open your mind up, look at everything, and know that if you make the decision to figure out your depression and not let anything hold you back except for things that don't bring actual **results**, you will beat your depression.