



## My Walks with Alfie: A Journey Into the Light (Paperback)

By Joanne Morley

Createspace, United States, 2012. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Sometimes life isn't all you want it to be, you might be suffering from depression, anxiety, burn out or just living a life that you don't like anymore. This was how it was for Joanne, she had climbed the corporate ladder, ran her own business, had two kids, on the surface life was perfect. But the one thing that most people didn't know is that she had suffered from attacks of depression for most of her adult life. Just like you, she kept her darkness to herself, and kept her demons hidden from the outside world, however, deep down inside she was fighting a constant battle that had resulted in two breakdowns over the years. She had seen therapists, been on medication and just knew there had to be another way to live her life. And she discovered there was, and it came in the form of a little dog called Alfie. Discover how Joanne made a final recovery from years of on and off depression and anxiety, with the help of her dog Alfie...



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