Meditation-content

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**SUBJECT: How Happy And Joyful Are Your Days, <firstname>? Here’s The Trick To More...**

According to the CDC, more than 42 million Americans are taking selective serotonin reuptake inhibitors (SSRIs). The number swells higher when you add in those who take monoamine oxidase inhibitors (MAOIs) and tricyclic antidepressants.

More people than ever before are experiencing the seemingly unbeatable symptoms of depression. As a society, we are “educated”, decade after decade by the massive marketing campaigns of the multi-billion-dollar-profiting pharmaceutical corporations.

We are taught to rely on “medications” to treat (not cure, ever) symptoms of an ever-growing repertoire of diseases and health conditions.

Now here’s the trick to unlimited happiness - with absolutely NO ANTIDEPRESSANT DRUGS:

Meditation. Focusing your mind. Concentrating on each breath you ever take. Following your thoughts. Choosing your words. Acting with preplanned intent. Never doing that which makes you sad. Learn all about meditation by visiting XXX now.