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Richard Carlson, Stop Thinking Start Living Discover Lifelong Happiness: A brilliant book! Iv had depression for years and years but this book really lifts your spirits and gives you a completely different perspective on all your worries, big or small. Whether you feel a bit down or seriously low then READ THIS BOOK!

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Then, I settle back into bed. I know I shouldn't. I know I start comparing my body over the years, but I scroll through old photos anyway. </p><p>I stop at one from the beach in 2018, one I realize I don't look at often. It was a true off-guard moment from the beach. I was wearing a blue bikini, and I was smiling.

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