



# Living Life After Anti-Depressants: Emerging From the Shadows of the Vault

*Barb Tatlock*

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## **Living Life After Anti-Depressants: Emerging From the Shadows of the Vault** Barb Tatlock

There is hope for you if you long to emerge from whatever shadows are holding you back in life! Barb's heart to be a facilitator for transformational healing shines through her words. She openly shares the struggles and joys of her personal walk through depression and perfectionism and her emergence through the shadows to the other side and into the Light. She shares many truths that she found to be helpful in her journey towards health and wholeness. Join her as she shares her heart and then as she encourages you to step out of your own shadows.

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