



# Invisible Strength: Overcoming Depression and Anxiety One Walk in the Park at a Time

*Jenni Reiffel*

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**Invisible Strength: Overcoming Depression and Anxiety One Walk in the Park at a Time** Jenni Reiffel  
Are you feeling down and out? Have you or someone you know suffered from anxiety and depression? This book may be the answer to your prayers.

Invisible Strength is the inspirational story of how a young woman faced her fears and beat down inner limitations to overcome depression and anxiety to live the life she dreamed of.

Recounting the personal journey of Jenni Reiffel, the chapters of this book reveal how this strong and outgoing woman was shocked when she was diagnosed with post-natal depression. Moving, real and heartfelt, Jenni's story from diagnosis to her life today, including the road bumps along the way, is nothing short of uplifting.

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