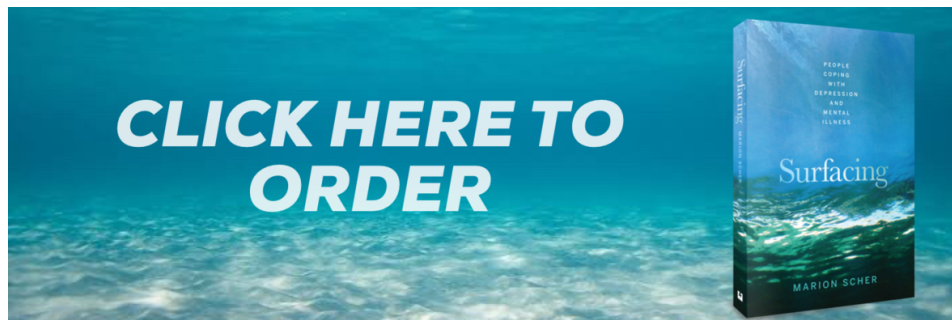




The festive season is a time of celebration, joy and choosing gifts for loved ones, this year we have an ideal gift. The South African Depression and Anxiety Group (SADAG) in collaboration with CIPLA are delighted to announce the launch of their book 'Surfacing' written by Journalist Marion Scher.

'Surfacing' explores the emotions and experiences of ten individuals and what they encountered during their road to mental wellness. The book talks about people from different walks of life. Former Springbok, AJ Venter, Artist, Yvette Hess and Darryl Brown are amongst those that share their inspiring personal stories. Each one has their own unique story, experiences and coping skills, which have helped them overcome their Depression and Anxiety. These stories will inspire and help you or a loved one who are struggling to cope with a mental illness.

Surfacing will only be available at bookstores in January at R300, however SADAG has a special offer which you can order as an ideal gift for your loved one and you will receive it in time for Christmas giving. We also are offering the book at a SADAG discounted price of R230 which includes postage. Please click below to order your copy online.



For more information or queries, please contact: Kayla on media@anxiety.org.za or Petri on help@sadag.org Visit www.sadag.org for more information on Mental Health.

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