



**HEADS**UP**GUYS**

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**OVER 2 MILLION  
WEBSITE VISITORS**

**FOR MEN. ABOUT MEN.**

STRATEGIES FOR MANAGING  
AND PREVENTING DEPRESSION

**KING OF FLOORS**  
THE NEWELL FAMILY



**"I've been hiding my depression for  
many years and finally decided to  
deal with it head-on.  
You guys have kickstarted my  
recovery."**

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