

Dr. Keshia Keith to be Featured on CUTV News Radio

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[/EINPresswire.com/](http://EINPresswire.com/) -- Feeling anxious and stressed is a normal part of everyday life. But what if this leads to such debilitating depression that we are unable to function normally and even our friends and family are unable to provide us hope?

Dr. Keshia Keith is a licensed professional counselor with 14 years of experience in the mental health field providing individual, family group and couples counseling. She is also a speaker and author of the book entitled *The Classroom of My Life*, a memoir of her battle with and triumph over postpartum depression.

"I mainly specialize in anxiety and depression working closely with clients from children, teens and adults," says Dr. Keith. "I struggled with postpartum depression myself, so I can relate to how afflictions build and what precipitates our behavior, thoughts and feelings."

Dr. Keith's inspirational journey to discover her calling began her senior year of college when she started taking social work courses that resonated with her so deeply she knew she had to transition toward counseling. Dr. Keith realized she wanted to help people overcome depression as she had.

"The work I do has allowed me to meet so many families in need and assist them in seeking their next level of coping," explains Dr. Keith.

Dr. Keith believes people can overcome depression by following their dreams and the passions that make their lives fulfilled and purposeful.



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"Keep on fighting for what you believe in and your desire to accomplish your goals and never ever give up on the magnificence of life," says Dr. Keith. "Keep in mind your loved ones and their need for you to move forward so they too can live the wonderful life they were born to live."

CUTV News Radio will feature Dr. Keshia Keith in an interview with Doug Llewelyn on December 8th at 11am EST.

Listen to the show on [BlogTalkRadio](#).

If you have any questions for our guest ,please call (347) 996-3389

For more information on Dr. Keshia Keith, visit <http://www.drkeshiakeith.com>.

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