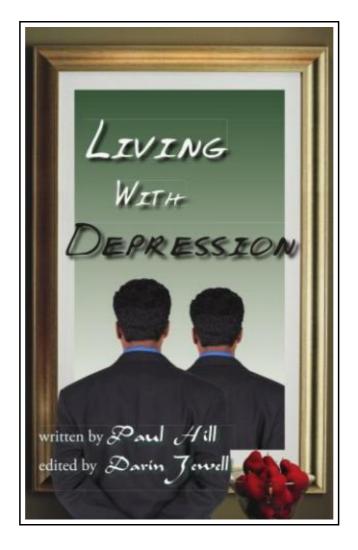
Living With Depression



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Reviews

It in a of the best publication. It really is rally intriguing through reading through period of time. You will not feel monotony at anytime of your own time (that's what catalogs are for relating to in the event you request me).

(Dr. Pat Hegmann)

LIVING WITH DEPRESSION



AuthorHouse. Paperback. Condition: New. 256 pages. Dimensions: 7.8in. x 5.0in. x 0.8in.l suffer with depression. Sometimes I want to take my life because of the downward spiral that I find myself in. In this book, I explain the basis of my depression, and how Ive manage to live through it. I write manage because people suffering with depression dont actually live a life. They survive, they grind and they hold on. For those coping with depression, life is a constantly a struggle, and for some, it can be a losing struggle. This is the story of my life. Its about my experience of living with depression, but its not a step-by-step guide on how to live with depression. In fact, Im not sure you can beat depression or be cured from depression. This is a story of how one person living with depression gets through their days and long, long nights. The chapters are organized in chronological order through my school years, my first work experiences, and my arrival to and subsequent departure from university, at the age of 30. In the last two chapters, I write about my own experiences with suicide and my numerous sessions of talking with counsellors. The chapter on suicide was particularly hard to write. It took me back to a time where I never want to return too. The point of this chapter is to highlight and focus on what goes through the mind of a person who is contemplating killing themselves. I want the reader to know, to understand, that before reaching that fateful decision, a person suffering with depression has had a long, agonising journey and along the way, they fight and cling on to any last vestige of life. Millions of people around the world share the symptoms of depression. In...



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