

## DEPRESSION

### Books

- **It's Kind of a Funny Story**  
<https://www.womenshealthmag.com/health/a21617284/hospitalized-for-depression/>
- **The Noonday Demon: An Atlas of Depression**
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### Podcast

- <https://podcasts.apple.com/us/podcast/positive-psychology-podcast-bringing-science-happiness/id912190084>
- <https://podcasts.apple.com/us/podcast/the-anxiety-podcast/id1031117023>
- <https://podcasts.apple.com/us/podcast/the-hilarious-world-of-depression/id1181589175?mt=2>
- <https://www.tarabrach.com/talks-audio-video/>
- <https://www.verywellmind.com/depression-4157261>
- <https://www.verywellmind.com/common-symptoms-after-a-traumatic-event-2797496>
- <https://www.verywellmind.com/dr-william-miller-the-verywell-mind-podcast-5216802>
- <https://www.verywellmind.com/best-mental-health-apps-4692902>
- <https://www.verywellmind.com/best-psychology-podcasts-of-2020-5070439>
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