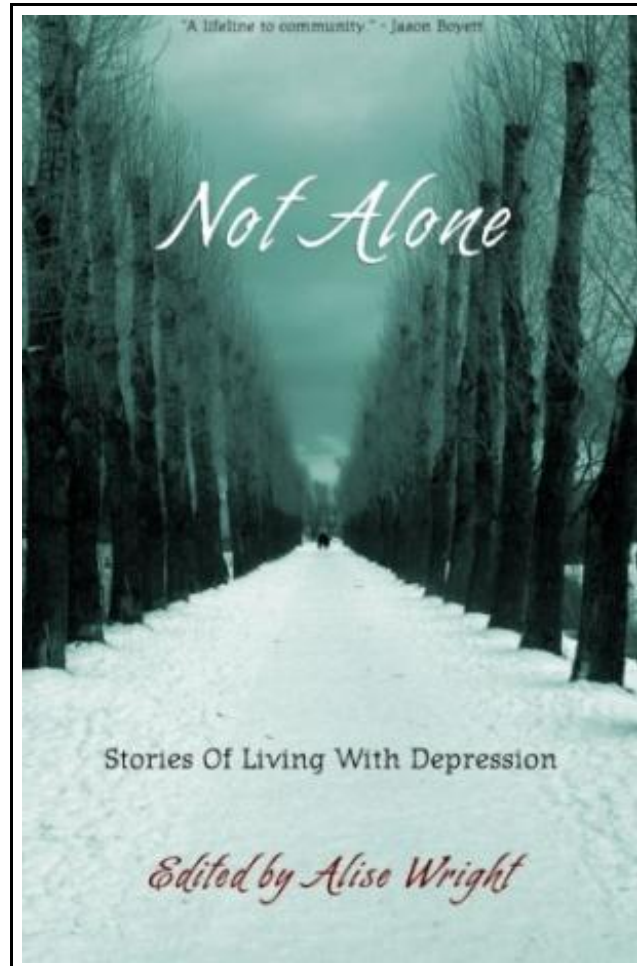


## Not Alone: Stories of Living with Depression



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## NOT ALONE: STORIES OF LIVING WITH DEPRESSION



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Civitas Press, United States, 2011. Paperback. Book Condition: New. 214 x 138 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Depression is a very real experience for many people. The causes can be varied. Abuse. Chemical imbalances. Divorce. Rejection. There is no one reason that a person might suffer depression. However, one common theme is that it can leave the person feeling isolated and alone. Because of the stigma that is often associated with depression, people often remain silent about it, never knowing that the person next to them is going through the same thing or has experienced it in the past. Instead, they hide away, believing that no one understands, believing that no one cares. In this book, the authors break the silence, boldly sharing their stories of depression. Whether sharing how they first discovered that what they were feeling was depression, telling how they sought help for their depression or giving words of hope that depression can be managed, the authors all tackle the lie that you must suffer in solitude. With courage and honesty, these stories give a glimpse into the depressed existence. While you will not find a cure for depression in these pages, you will find a sense of community. You will find words of hope. You will find that you are Not Alone. Endorsements Stories are powerful. They humanize us, wreak havoc on our prejudices, and bind us together like societal glue. The personal essays in Not Alone do all these things. For those of us outside depression, they help us recognize bits of ourselves in an unfamiliar landscape. For those already intimate with depression, these stories can be a lifeline to community, an extended hand in the darkness. They show us no one is alone, and that point is worth...



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