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## Not Alone: Stories of Living with Depression

By Alise Wright

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...



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