I Shall Be Blue: A Self Help Book for Depression



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Reviews

This composed pdf is excellent. It really is basic but excitement in the 50 % in the book. Your lifestyle span will likely be change when you comprehensive looking at this book.
(Tom Fisher)

I SHALL BE BLUE: A SELF HELP BOOK FOR DEPRESSION

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CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 148 pages. Dimensions: 9.5in. x 7.3in. x 0.3in.After the success of my first book I shall wear purple, I was keen to do a series of books in the I shall. range. Looking at other psychological issues and helping people to overcome them. So this is my second book I shall be blue taking a look at depression, what it is and how to overcome it. From my experience when one is suffering with depression, there is very little empathy from the society, family members and friends. We often hear comments like pull yourself together, try and do something and you will feel better. In all fairness people just want the old you back, they are trying to help, they dont know what to say to you to make you feel better. , and they dont know how to make you better. These type of comments do not help, they just leave you feeling worse, they leave you feeling guilty for being unwell, ashamed that you are unable to function like you used to or like other people do. They leave you feeling bad when you already feel bad. Unless you have suffered with depression then you would not know just how extremely difficult it is. It is like being in a black hole that you can not get out of, you are trying to claw your way out but each time you get near the top you fall back in again. It feels like your whole body is unable to function, it leaves you breathless and sad to the depths of despair. It is like walking through mud, or carrying around with you a ton of sand on your back when you try to...

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