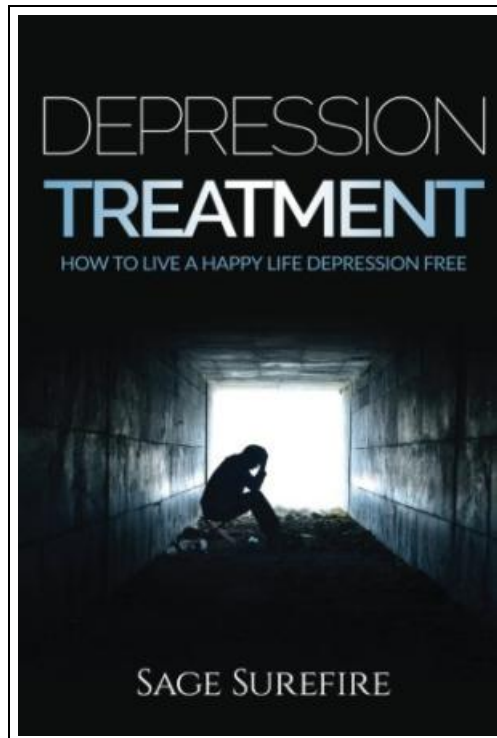


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Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Happiness Is For Everyone, Get Yours Back Now Mental disorders afflict hundreds of millions of people in every part of the world and impact on the lives of their loved ones. One in four people will be affected by mental disorder at some point in their lives. Depression is the single largest contributor to worldwide disability. Although huge numbers of people are affected, mental disorders remain hidden, neglected and discriminated against. -World Health Organization (WHO) Do you ever feel like you are in a black hole and you can't get out of it? Don't worry; you're not the only one. Depression has been afflicting people for centuries. Depression shows no prejudice, it does not care what age you are, what race you are, what social standing you have. Once depression has its claws in you it can seem impossible to get out. Winston Churchill, a man famed for his brilliance in politics coined his depression the black dog . And like a dog, depression can hang around and follow your every step - which can lead to you tripping and falling. Depression is more than simply having the blues. All of us will go through depressive times as a result of significant negative life changes such as the loss of a loved one, a relationship ending, the loss of employment and other similar life shifts. Low moods are perfectly normal and should be expected from time to time. Depression however is a continual flat mood with no uplift in the foreseeable future. Depression can be described as not feeling sad when everything is going bad, rather feeling sad when everything is going right. It is said that 20 of the...



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