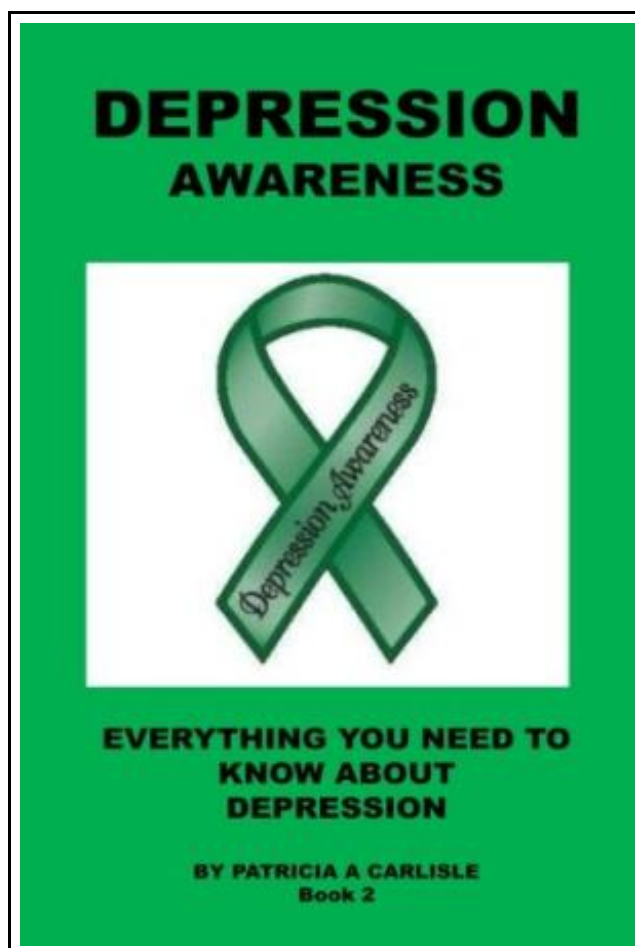


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DEPRESSION AWARENESS: EVERYTHING YOU NEED TO KNOW ABOUT DEPRESSION (PAPERBACK)



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Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.There is a tendency to use the word depression to describe periods or episodes of sadness that each of us experience from time to time. And for many of us, during these periods it is not always easy to discern where normal sorrow ends and clinical depression begins. Yet, anyone who has ever experienced an episode of major depression knows-at least after the depression has lifted-that what they feel is more than just ongoing or persistent sadness. According to doctors, clinical depression is an illness characterized by a cluster of feelings, thoughts and behaviors that are remarkably distinct from a person s normal range of feelings and functioning. Caused by a complex interaction of biologic, psychological and social factors, a major depressive disorder can make a person extremely sensitive to life circumstances, the least of which can throw him/her into total loss of hope. During a major depression, someone can become surrounded by feelings of sadness, hopelessness, helplessness, and emptiness, and these feelings can distort every thought and experience, making life seem hopeless and unworthy. Feelings of being deeply and continually deprived, unworthy, insignificant, and guilt-ridden build on feelings of sadness. At the same time, a person may feel chronically irritable, often exploding into anger and frustration. While a major depression may be triggered by some life event or circumstance, a person s mood reaction may seem greatly exaggerated. However, depression has less to do with life s events than with an individual s existing vulnerability to the condition. In some cases, someone may experience a major depression as a single episode, but in most cases, clinical depression tends to recur periodically, reactively or cyclically. A major depressive episode could possibly last...

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