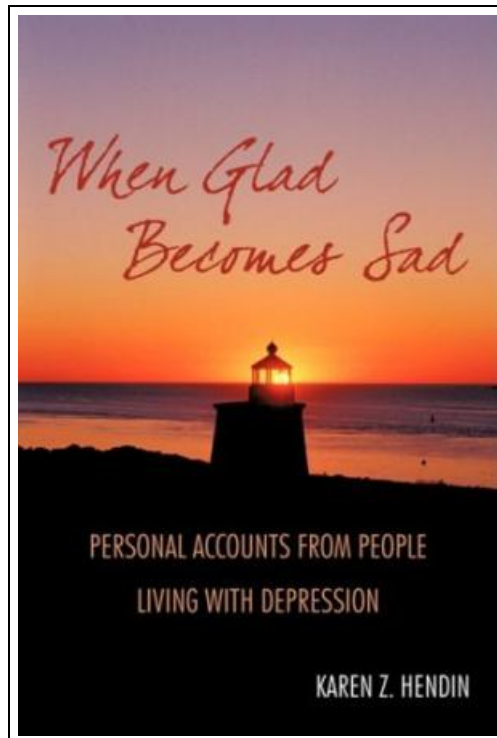


When Glad Becomes Sad: Personal Accounts from People Living with Depression (Paperback)



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Reviews

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(Gordon Kertzmann)

WHEN GLAD BECOMES SAD: PERSONAL ACCOUNTS FROM PEOPLE LIVING WITH DEPRESSION (PAPERBACK)



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iUniverse, United States, 2009. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.When Glad Becomes Sad is a poignant collection of personal stories that share the very private world of those who struggle with depression, ultimately providing a source of support for those who also live with depression and anxiety disorders. Karen Z. Hendin, a motivational consultant with a counseling background, details her own twelve-year battle with depression and then includes statements from others afflicted with a wide variety of disorders- from post-partum depression to depression occurring after tragedy to seemingly inexplicable depression. Intended to be a source of support and a path to living a full life, this compilation of personal experiences will provide solace to others who may feel alone in the often overwhelming darkness of depression. A survivor of the Holocaust shares his story of survival in the most horrific of circumstances; a chemist details his anxiety and fear when he felt his job was in jeopardy; and the mother of a teenager with an eating disorder pours her heart out as she relays the details of the disintegration of her family. Intertwined throughout all the stories is a message of hope that will encourage those who suffer from depression to initiate discussions with and seek support from family and friends.



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