



## The Happiness Quest (Paperback)

By Lana Penrose

Finch Publishing, Australia, 2015. Paperback. Condition: New. Language: English . Brand New Book. The Happiness Quest is a mental health memoir written by a depression sufferer for depression sufferers (one in five) and happiness seekers (almost everyone). It is a raw, real and funny antidote to the plethora of literature already available on depression treatments that is heavy, clinically written and well meaning but lacks that one essential ingredient - the insights of an ordinary but articulate individual who has actually suffered from and overcome her depression. In 2008, author Lana Penrose was diagnosed with major depression. Not surprising, really, considering she'd just been through a divorce, moved countries three times and discovered that the new love of her life was a closet drug addict. She returned home, buckling under the weight of her emotions, taking its cue, the Black Dog bit, and it bit hard. Staring down an uncertain and unhappy future, Lana chose to fight for her happiness, documenting her experiences along the way with the same witty prose that made to Hellas and Back a delight and a bestseller. In the Happiness Quest, Lana takes readers on an A-Z journey through depression, giving them insights about what...



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-- **Isobel Bailey**

*Complete guide! Its such a good go through. It is rally fascinating throgh reading period of time. Its been written in an extremely basic way and is particularly only after i finished reading through this publication through which really changed me, change the way i really believe.*

-- **Mrs. Macy Stehr**

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