



## I Shall Be Blue: A Self Help Book for Depression (Paperback)

By Linda Mather

Createspace, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.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 don't know what to say to you to make you feel better., and they don't 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...



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