



mum, i wish i was dead: the story of a teenager who conquered depression (Paperback)

By Adam Schwartz

Longueville Media, Australia, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Adam Schwartz has spent more than a third of his life battling depression. At the age of 10, he began periods of school refusal, bouts of destruction, physical illness, endless trials with unsuccessful drug regimes and contemplation of suicide. Finally, he was forced to drop out of high school and relinquish his hopes of further education and a bright, healthy future. Fortunately, Adam's story has a happy ending. As someone who has only just left those terrible years behind, his recollections of what it is like to be a child and teenager suffering with depression are vivid. mum, i wish i was dead tells the story of Adam's journey through this illness and was written to help raise awareness of depression and give hope to both carers and sufferers. For more information, go to Depression and related forms of mental ill-health plague at least half of young people as they face the challenges and ordeals of the transition from childhood to adulthood. They struggle with the hero's journey. This book not only describes one such journey with great honesty...

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