



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

By Karen Z Hendin

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...



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-- **Antonetta Ritchie IV**

*Without doubt, this is actually the best job by any publisher. It is writter in basic phrases instead of difficult to understand. You will like the way the author publish this publication.*

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