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David's Inferno: My Journey Through the Dark Wood of Depression

David Blistein

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David's Inferno: My Journey Through the Dark Wood of Depression David Blistein
David's Inferno combines intensely personal reminiscences of a two-year nervous breakdown with contemporary insights on how manic-depression manifests and how it is diagnosed and treated. Author David Blistein shares his experiences to shed light on the darkness of depression for fellow travelers as well as those who care about them.

Millions of people suffer from major depressive episodes. All of them want relief but, more importantly, most simply want to know that they are not alone. With gentle wry humor and a compassionate tone, ***David's Inferno*** offers a tale of realization, acceptance, and hope. It is neither prescriptive nor opinionated, seeing all forms of therapy as potentially beneficial in the continuum of care.

David's Inferno is also an ideal book for friends and family of those suffering from depression, helping them to better understand what their loved ones are experiencing.

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