

## Who Will Save Me from Myself? (Paperback)



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### **Reviews**

*It becomes an amazing book which i actually have at any time study. It is actually loaded with wisdom and knowledge You wont sense monotony at at any time of your respective time (that's what catalogues are for regarding should you request me).*  
**(Rosina Schowalter V)**

## WHO WILL SAVE ME FROM MYSELF? (PAPERBACK)



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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Depression with suicidal ideation is like finding yourself swimming way out in the ocean, struggling to stay afloat while everything is working against you. The waves are huge, the tides are shifting, the temperature is near freezing, the current is pulling you farther away from land, there are predators lurking below. You look up, to see a gigantic ship sailing by, but you re too weak to wave. There are people up there leaning over the railing. They re looking down. They see you! They know you re in trouble and you breathe a sigh of relief, you fully expect somebody to come to the rescue, but nobody does. They toss out a life preserver instead. You re swallowing water. You re going under! Gasping for air, you desperately reach out for the life preserver, but it s so far away! You see it floating nearby, but it s just out of reach. You re exhausted. You re drowning! You can t take anymore. You can t hold on any longer! You finally give up and begin to sink into the watery depths. Just as the seaweed encloses itself around your body and there s no more oxygen in your lungs it dawns on you that nobody can jump in because they run the risk of drowning too. In one last show of strength you block out the pain and the exhaustion, and you lunge back toward the surface! You put one arm in front of the other and you keep swimming toward that life preserver. Once you finally reach it, you cling to it and hold on for dear life. Cheering, the people on board pull you to the side...



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