



Oh! You're One of Those People.: A Whimsical Two Year Journey of Depression, Desperation, and Detainment (Paperback)

By Glenn T Schaefer

Dog Ear Publishing, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. It might be the person sitting next to you in the movie theatre. Could be the person at work with the perpetual smile. It's difficult to always recognize someone suffering with the perils of depression or the humiliation of being homeless. These are not diseases that always select the socially downtrodden as is the public perception, but can alter the lives of anyone. Depression is not a choice nor is it a fault and it can cripple the strongest. Those suffering from depression don't always know how to reach out for help fearing embarrassment and ridicule, but when they do, it's important to listen, care and extend a helping hand. Depression is real and it does hurt. Medication can help, therapy can aid the efforts, but if you are a friend of someone with depression, reach out and squeeze a hand. That will be remembered. Having been born and raised on the south side of Chicago, two things were learned almost at birth. Deep dish pizza was a culinary gift to mankind and rooting against the Cubs was almost...

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