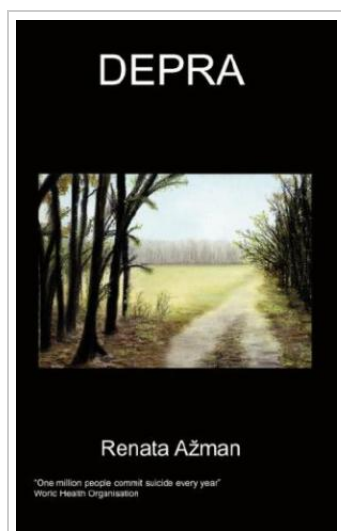




Depra (Paperback)

By Renata Azman

Chipmunkpublishing, United Kingdom, 2008. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Living With Depression By Renata Azman ISBN: 978-1-84747-369-1 Published: 2007 Pages: 136 Key Themes: depression, poetry Description What makes Depra a bestseller in Slovenia? First of all, this is an optimistic book, although it's about depression. The author is trying to find a way out of black thoughts, out of abyss, out of the dark side of life called -depra-. Depra is a short word for depression no matter how long it lasts. Depra is a book about surviving, about struggling with oneself, about finally finding a way out of a long, dark tunnel. It is also a book about the meaning of life, about God, psychiatry, medications, other therapies and particularly a book about victory. People who read the book, are saying that they found themselves in it and that the book helped them in conquering their everyday problems and their struggle with the depression. Depra opened a lot of questions about mental health in Slovenia and after it was launched at the press conference, depression became an issue the media can no longer avoid. It meant a kind of...

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