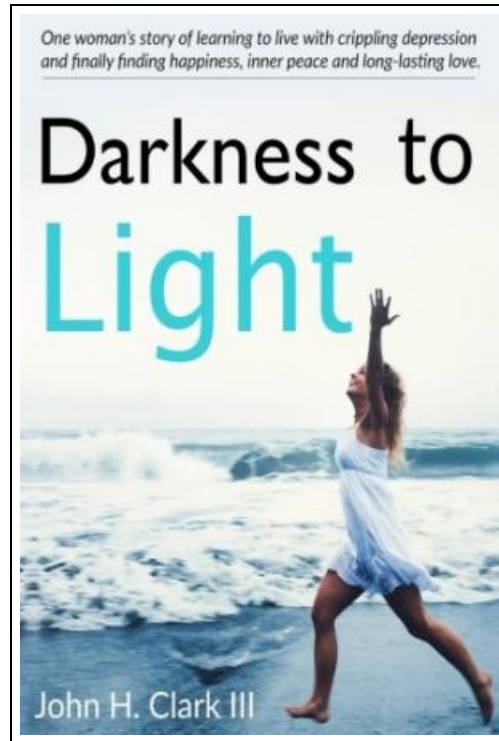


## Darkness to Light: One Woman s Story of Learning to Live with Crippling Depression and Finally Finding Happiness, Inner Peace and Long-Lasting Love (Paperback)



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*(Dr. Dallas Reinger IV)*

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Createspace Independent Publishing Platform, 2018. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Women more likely to suffer Depression, referred to by the World Health Organization as the leading cause of disability worldwide, afflicts as many as 350 million people of all ages, and women are twice as likely as men to be diagnosed with this often debilitating condition in any given year. According to the Office on Women s Health, U.S. Department of Health and Human Services, between 10 percent and 25 percent of women will experience an episode of major or clinical depression at some point in their life. There is hope Signs and symptoms of depression are the same regardless of gender, although female sufferers tend to be more sad and emotional, while males may be more irritable, aggressive and even hostile. Signs and symptoms include such things as losing interest in formerly pleasurable activities; experiencing unusual fatigue and lack of energy; weight and appetite changes; feelings of guilt, worthlessness and hopelessness; changes in sleeping habits; suicidal thoughts or frequent thoughts about death. If this sounds like you, do not despair. There is hope. You can change your life In this book, author John Henry Clark - himself a lifelong sufferer of depression and anxiety - chronicles the story of New York City native Naomi Rosen, who remembers being called the black sheep of her family because of her wild mood swings and emotional outbursts, even as a child. Naomi bravely tells her story - warts and all - in hopes that others, women and men alike, who are also affected by depression will see something of themselves, find some answers, and understand that there is always light at the end of the tunnel. Read this important book and compare your thoughts,...

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