



Am I Depressed: Signs, Causes, Symptoms And Treatment of Depression (Understanding Depression, Dealing With A Depressed Person, Coping With Depression Disorder Book 2)

Cindy Help

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Are You Depressed? Learn What The Most Common Signs And Symptoms of Depression Are and How To Deal With Them

This Kindle book about depression is loaded with the wisdom you need in order to understand what causes people to feel depressed, how to recognize when someone is depressed and what the various treatment options are for a depressed person.

Have you been feeling lonely? Are you being nonproductive? Does it seem like you are crying more than usual? Do you feel paralyzed from being overloaded with too many responsibilities? Does it feel like no matter how hard you try you just can't get motivated to do things?

Life has its ups and downs, so everyone is bound to feel the blues every now and then. However, if this kind of despair doesn't seem to go away, you may have depression. This kind of condition makes it hard to function and feel pleasure in life the way you used to. It might even be a challenge to get through the day.

When you're depressed, you might not get a good night's sleep, as you focus more on your worries and anxiety. You can't complete your daily tasks because you feel tired and lethargic. You don't want to take a break to have fun. Even when your loved ones and friends tell you to get it together, you still feel hopeless. You can't make decisions. You hate yourself. You are depressed.

You are not alone in feeling that way. About 14.8 million adult Americans suffer from major depressive disorder. Depressed people are four times more likely to develop cardiovascular diseases than those who aren't. Depression has also been found to be the cause of more than two-thirds of the 30,000 suicides reported in the US every year, according to a 1999 report from the White House Conference on Mental Health.

However, you don't have to live with depression for your whole life when you know that you can feel better and get better. You can overcome this problem if you understand depression, its signs and symptoms, how it affects people, how to treat it and how to prevent it.

A Few Signs Of Depression From This Kindle Book

- You sleep too much or you don't sleep enough. It could be insomnia, in which you find yourself waking up

during the wee hours of the morning, or oversleeping, which is also called hypersomnia.

- You feel helpless and hopeless. You slowly adopt a bleak outlook, thinking that nothing will ever go well for you, your problems will never go away and you can't do anything to improve your current situation.

- You can't focus on your tasks, including those which used to come easily to you. This may lead to having trouble making decisions or even remembering things. You lose interest in former pastimes, hobbies or social activities. Even your romantic or married life might be affected as you lose interest in sex. You forget what it feels like to be happy.

Some Symptoms of Depression From This Kindle Book

- Frequently talking or thinking about self-harm or suicide

- Expressing feelings of being hopeless or helpless

- Behaving recklessly, such as running red lights, driving fast or engaging in dangerous sports, as though they have a death wish

- Losing interest in things that they used to love

- Sudden mood swings, going from being extremely sad to extremely happy

Get the book now while it is being offered at an introductory price.

Tags For This Kindle Book About Depression:

am i depressed, depression signs, symptoms, causes, cures, treatment, dealing with depression, coping with depression, healing from depression, how to overcome feeling depressed, manic, disorder, depressed spouse, husband, wife, friend, child, help for depression, stop being depressed, stop feeling depressed, what causes depression, how to deal with depression, treatment for depression, natural remedies

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Willie Coffey:

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