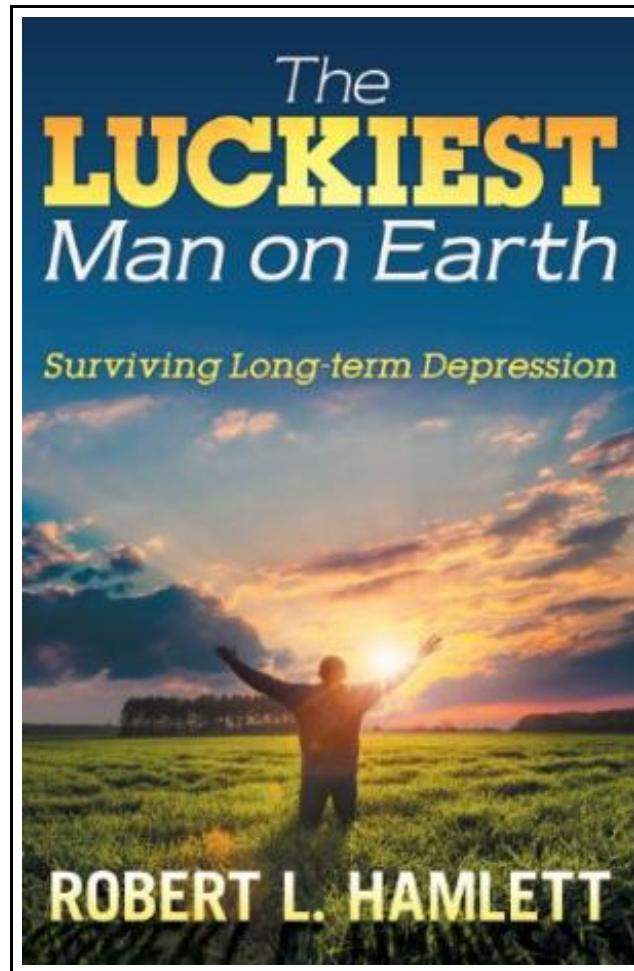


The Luckiest Man on Earth: Surviving 38 Years of Depression (Paperback)



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Reviews

An exceptional ebook along with the typeface employed was intriguing to see. It really is simplistic but surprises within the fifty percent of the ebook. It is extremely difficult to leave it before concluding, once you begin to read the book.


(Brian Miller)


THE LUCKIEST MAN ON EARTH: SURVIVING 38 YEARS OF DEPRESSION (PAPERBACK)



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Dog Ear Publishing, United States, 2013. Paperback. Book Condition: New. 213 x 142 mm. Language: English . Brand New Book ***** Print on Demand *****.The first 38 years of my life was a never ending battle with depression and a struggle for my sanity. I was born in the 40 s, grew up in the 50 s and reached manhood in the 60 s. Doctors in those eras were just beginning to come to terms with the causes and effects of clinical depression and its debilitating effect. At that time, medication to treat depression was primarily experimental in nature and not available to most people. Until I was hospitalized in 1969, at the age of 26, not a single person was aware of the demons I had been fighting all my life. Even my family and friends were unaware the periods of hopelessness and despair that I had endured. From all appearances, I had led a normal life and, in some ways, appeared to be a high achiever. In high school, college, the military and in my later work experience, I managed to muddle through and to some extent excel. I had an instinct for survival which compelled me to endure life regardless of how painful it might be. Most people probably do not understand how I could have survived and had the semblance of a normal life had I suffered constantly from depression. If the depression had been constant, I probably would have been an early casualty of the disease. In my experience, the depression waxed and waned. I sometimes went months suffering only modest depression. There were even periods when the malady was dormant and I experienced the happiness that other people feel. However, I was constantly waiting for the other shoe to fall. When it fell, it...

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