



Dealing With Demons: Understanding Clinical Depression from a Survivor's Perspective

Lady Tracilyn George

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To fully understand depression, you must listen intently and attentively to those of us afflicted. It is important for anyone with mental illness to be treated with kindness, respect and dignity, not with stigma, bias and scorn for we are fighting a battle beyond one's vision and comprehension. Just because we don't look sick, it doesn't mean we aren't. The purpose of this book is to look at mental illness from the inside out from one survivor's point of view.

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