



## Brain Matters (Paperback)

By Elizabeth Nelson

Outskirts Press, United States, 2008. Paperback. Book Condition: New. 234 x 156 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Confessions of Depression and Bipolar Illnesses Read Elizabeth Nelson's riveting, heart-breaking story of enduring depression and mood swings for 20 years. This book contains her personal life story of battling two horrible illnesses. Have you ever felt so depressed you couldn't get out of bed? Have you ever felt so anxious that you couldn't work? Have you ever felt like screaming and yelling and throwing furniture? Have you ever been so manic you did things you don't want to admit to? Have you ever felt depression every day for long periods of time? If you answer yes to any of the above questions then you may have severe depression or bipolar disorder. This book contains personal notes of deep depression and bipolar feelings for over 20 years. The book shares information about psychotherapy, substance abuse, suicide, bipolar children, depression and women, depression and work, recovery and getting help.



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