



Holiday of Darkness: Psychologist's Personal Journey Out of His Depression

Norman S. Endler

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A compelling personal account of his own mental illness by an eminent clinical psychologist and professor of psychology. Dr. Norman Endler relates the story of his depressive breakdown, including his early symptoms, his family's reactions, the effect on his work, the prognosis of the illness, and his therapy. His examination of the nature, antecedents, and treatment of depression offers valuable and accessible information and hope for recovery to those who suffer from its effects. Dr. Endler also offers valuable insights on controversial issues such as the stigma attached to mental illness, how the patient attempts to cope, and the use of drugs and electroconvulsive therapy (ECT) in treatment.

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Spent a free time for you to be fun activity to perform! A lot of people spent their leisure time with their family, or all their friends. Usually they undertaking activity like watching television, about to beach, or picnic in the park. They actually doing ditto every week. Do you feel it? Do you wish to something different to fill your current free time/ holiday? May be reading a book can be option to fill your no cost time/ holiday. The first thing you ask may be what kinds of book that you should read. If you want to consider look for book, may be the guide untitled Holiday of Darkness: Psychologist's Personal Journey Out of His Depression can be very good book to read. May be it might be best activity to you.

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