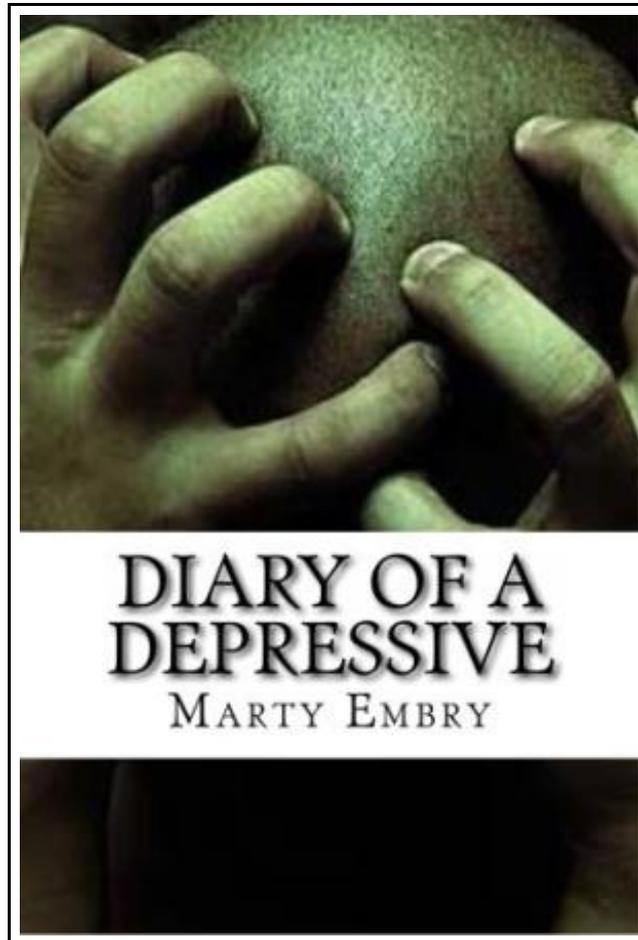


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Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.If you have or know of a brother, sister, mother, father, friend, cousin, husband, wife or anyone that you may believe is depressed, that you will reach out to them and help them seek counseling. The signs of depression are always apparent, and yet not so obvious when you don t know what you are going through. The problem is simple; if you don t know what the signs are, how will you know that you are depressed? How can you interpret certain symptoms as being a symptom of depression if you don t know that you are depressed? I never associated all of my symptoms with depression. I felt horrible and simply didn t know why. I felt alone, but never knew why. There were plenty of people in my life that loved me, but I still felt horribly alone. I would often tell the people that I loved that I felt alone and they simply shrugged it off as me over reacting to something. It was the something that eluded everyone as being depression. This only pushed me deeper into my depression. I became untrusting of most people. My basketball background would not allow me to get emotionally attached with people that were acquaintances. This happened over a period of time. Why? I often wondered what the ulterior motives of people were. I felt that because of basketball, many people have hidden motives and that made me have reservations about everyone that I met. When you ve been used because of what you do for a living, you simply become immune to feelings and personal attachment. You make a conscience decision to be stand offish and...



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