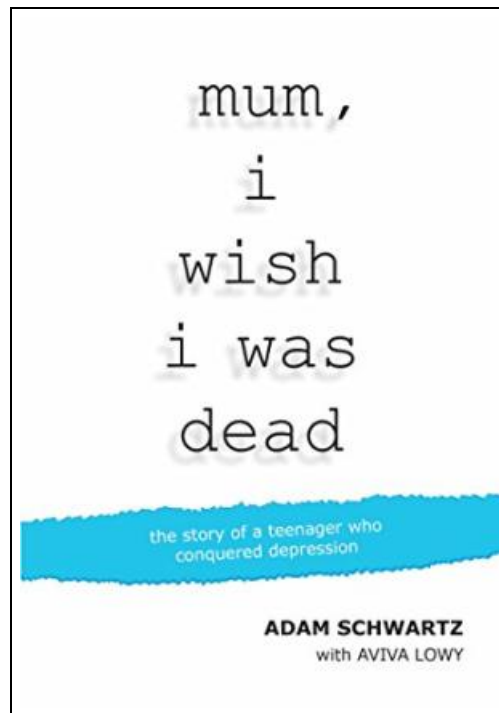


**mum, i wish i was dead: the story of a teenager who conquered depression
(Paperback)**



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Reviews

Extensive information for ebook fans. It generally is not going to expense a lot of. I discovered this publication from my dad and i suggested this ebook to discover.

(Ivah West)

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Longueville Media, Australia, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Adam Schwartz has spent more than a third of his life battling depression. At the age of 10, he began periods of school refusal, bouts of destruction, physical illness, endless trials with unsuccessful drug regimes and contemplation of suicide. Finally, he was forced to drop out of high school and relinquish his hopes of further education and a bright, healthy future. Fortunately, Adam s story has a happy ending. As someone who has only just left those terrible years behind, his recollections of what it is like to be a child and teenager suffering with depression are vivid. mum, i wish i was dead tells the story of Adam s journey through this illness and was written to help raise awareness of depression and give hope to both carers and sufferers. For more information, go to Depression and related forms of mental ill-health plague at least half of young people as they face the challenges and ordeals of the transition from childhood to adulthood. They struggle with the hero s journey . This book not only describes one such journey with great honesty and sensitivity, it also provides hope and proof of how to navigate the route. It could be a useful guide to the next generation who pass this way. - Professor Pat McGorry AO University of Melbourne. Executive Director, Orygen, The National Centre of Excellence in Youth Mental Health This is a brave, candid and beautifully written description of the effect of depression that will be of enormous educational value for sufferers, their family and health professionals. The book also serves to provide much-needed hope that, with appropriate treatment and support, the outcome can be very positive. - Professor Garry Walter...



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