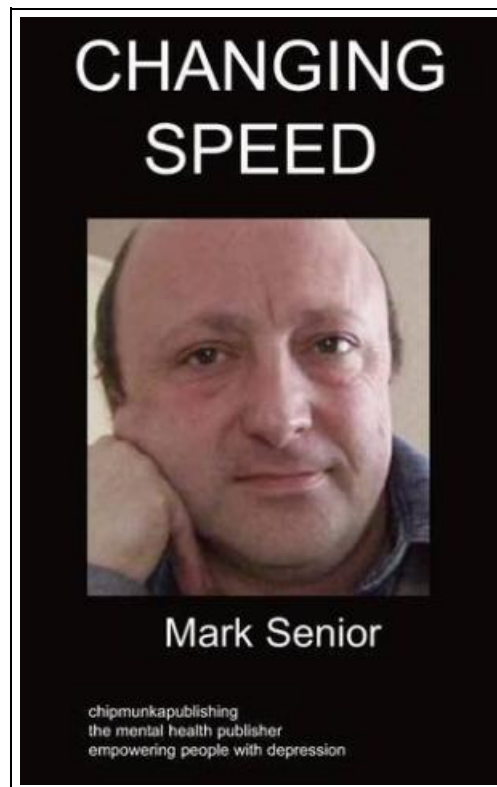


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(Prof. Maya Hand)

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Chipmunkpublishing, United Kingdom, 2009. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Description Just another book about depression, anxiety, stress? Take this autobiographical journey with Mark Senior and discover for yourself that this book could never be just another book. Many write of mental health issues. To read this book is to live with mental health issues, to feel them, to be part of them. This journey of pleasure and pain, of humour and sadness, is a journey of enlightenment where Mark eventually finds his depression to be his teacher. Without his experiences he would never have truthfully known who he is. His autobiography belongs to depression. It belongs to you. About the Author As a family man Mark Senior has been to the summit. As a corporate man he has climbed to the peak. As an everyday man he has journeyed to that somewhere place only to find that somewhere was no place that he wanted to be. At the age of 37 having being diagnosed as suffering from acute depression, anxiety and stress he was put out to pasture. That was until he learned that the mental illness, his mental illness, was not a prison sentence but a blessing. His mental health is his asset. He looks to share his asset. Book Extract I could feel the warmth of blood dripping onto my face as I hung suspended, with only the seat belt preventing my head from obeying the law of gravity and meeting the roof of the rusting van. The wheels whirled as they spun looking for the road with which they no longer had contact, slower and slower until they whirled no more. The pain of my body began to fade. Darkness surrounded me. I could see nothing, hear nothing, feel...



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