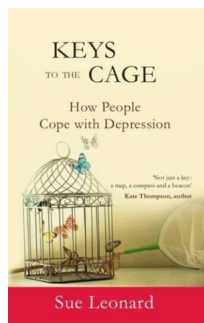


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New Island Books, 2010. Paperback. Book Condition: BRAND NEW. This book comprises 14 interviews with men and women, of all ages, from all around Ireland, who have been through depression, anxiety and related illnesses. Through their sometimes heartrending stories, it concentrates on the tools they used to help them recover. The book includes an appendix with a list of all the therapies, support groups and books that helped them. This important book will go some way to breaking the silence...

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- Authored by Leonard, Sue
- Released at 2010



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