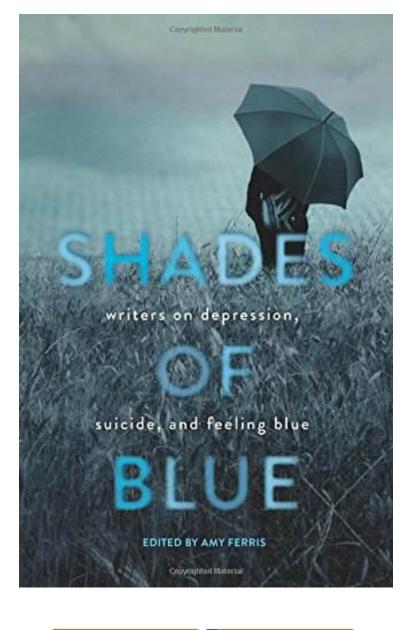
Shades of Blue: Writers on Depression, Suicide, and Feeling Blue



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8 of 8 review helpful Buy the book and take the time please By Tammi Scott I know personally about depression addiction alcoholism and feeling blue I didn t count on the immediate recognition of empathy and identification with the editor Amy Ferris introduction The Balls out Truth About Depression I didn t expect to be so sucked into such stories of struggle despair loss renewal irony acceptance hope and eve The silent epidemic of depression affects millions of people and takes dozens of lives everyday while our culture grapples with a stigma against open discussion of mental health issues Editor Amy Ferris has collected these stories to illuminate the truth behind that stigma and offer compassion solidarity and hope for all those who have struggled with depression Contributors to Shades of Blue include Barbara AbercrombieSherry Am Thirty five brilliant vivid edgy writers in Amy Ferris rsquo s compelling new book Shades of Blue unflinchingly shout out the real true down dirty story of the blues These compelling tales of depression aren rsquo t depressing they are embl

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