

Depression

Depression is much more common than people suppose and can afflict even the most gifted of people. It can be either mild or chronic, yet whichever form it takes, it is debilitating, causes endless suffering and alienation, ruining jobs and relationships, even uprooting people's ability to experience any joy in life. It is often referred to as the 'black dog'. If this dog can be turned into your friend how different could your life be? Imagine how life was before your thoughts turned on a depressive track? Life's joys are there to be accessed by anyone willing to go deep enough to find balance.