

[PDF] The Beast: A Reckoning With Depression

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Books Details:

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Author: Tracy Thompson

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Description:

From A good investigative reporter will dig deep into her subject, attempting to enlighten her readers' knowledge. *Washington Post* reporter Thompson does that here, although in this case the subject is the personally difficult one of her own "beast" --her history of depression. Drawing on her journals from adolescence onward, Thompson details her emotional and mental history in brief, impressionistic scenes, creating a mosaic of the human mind's emotional complexities. Colloquially referred to as "the doldrums" or being "blue" or "low," depression has come to be regarded as a genuine illness, something requiring not only counseling, but medical intervention. Depression affects millions, and costs the U.S. economy \$43.7 billion in medical expenses and lost productivity. Thompson fleshes it out informatively and compassionately. Anyone who has been affected directly or indirectly by depression will appreciate her work. *Raul Nino*

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