



Manic Depression At Close Quarters

Barry Hardy

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As a former sufferer of manic depression, I know only too well that the condition can be a real life sapping and contemptible condition that frequently pushes us into hells that we would rather not go to, for they are, places of total isolation and places of unmitigated despair. To live with manic depression is to connect with the very essence of mortal fragility, where perceptions of this horrendous condition are clouded at worst and where hope always seems to be in some far distant horizon. But despite populist beliefs, manic depression is not a life sentence and that is a FACT, for once we understand the rationale behind root cause analysis, we are able to free ourselves from chronic manic depressions grasp and soar once more like the eagles we were born to be.

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