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By Cobain

ReadHowYouWant. Paperback. Book Condition: New. Paperback. 272 pages. Dimensions: 9.9in. x 6.9in. x 0.8in. The most positive book on depression one could read . . . should be available to all teens. - Voice of Youth Advocates. . . . When Nothing Matters Anymore a survival guide for depressed teens Everyone feels down or sad at times. These feelings are part of life and usually pass. But what if they hang on, affecting your body, your behavior, your emotions, and your thoughts You may be more than sad. You may be depressed. If you are, youre not alone. More than 18 million Americans have depression. Millions of them are teens like you. If you think you might be depressed, please read this book. It has already helped countless teens, and it can help you, too. It includes the latest information on medication, nutrition, and health; current resources; and the Top Ten Questions teens have asked the author. Look inside to learn: The causes, symptoms, and types of depression. . . . How to tell if you might be depressed (take a quiz and find out). . . . Survival tips - things you can do right now and in...



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