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Campbell. \$3.99; \$3.99; Publisher

Description. ... Campbell, who suffers from depression, looks in the mirror and finds a bittersweet reflection, a life divided between the bad and not-so-bad days, where the highest achievements in his professional life could leave ...

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Alastair Campbell's book *The Happy Depressive* is a deeply personal account of his continuous struggle with depression and his pursuit of happiness. I was affected by his candor and detail in sharing his thoughts and feelings in such a manner in

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which one could actually imagine being in such a place of darkness and despair, whether one has experienced depression or not.

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He writes too of what he has learned from

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Campbell, who suffers from depression,
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reflection, a life divided between the bad and not-so-bad days, where the highest achievements in his professional life could leave him numb, and he can somehow look back on a catastrophic breakdown twenty-five years ago as the best thing that happened to him. He writes too of what he has learned from the recent death of his

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The Happy Depressive: In Pursuit of
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(Paperback) Alastair Campbell (author)

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A few (hopeful) words about depression.
Experiencing depression is a little like

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finding ourselves in a hole. If the hole is shallow enough, we may be able to climb out by ourselves. We might need a few climbing skills. We call these skills the Habits of Happy People.

Depression Test: How To Tell If I Am I
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The Happy Depressive : The in Pursuit of
Personal and Political Happiness by
Alastair Campbell (2012, Trade
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item may have some signs of cosmetic
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happiness is, where it comes from, what it
stands for and how it can be created and
maintained both personally and politically,
Alastair reveals a side of himself that many
readers have probably never seen before
or didn't know even existed.

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The pursuit of happiness can end up leading to depression—if you're from the UK or USA by University of Reading
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Martin Seligman is a pioneer of Positive Psychology (the term itself was coined by Abraham Maslow), not simply because he has a systematic theory about why happy people are happy, but because he uses the scientific method to explore it.

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