

**DEFEATING DEPRESSION: HOW TO USE THE PEOPLE
IN YOUR LIFE TO OPEN THE DOOR TO RECOVERY**

Fay Hoskins

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Needless to say I have tried everything that people promise will relieve depression without ANY success. And that is not a good sign. I am turning 66 tomorrow and have fought severe bipolar depression for all my life. Well said my dear Lori! My son did this to me and has yet to tell me that he is sorry. Your ability to stop using is eventually compromised. I have found sometimes schizo affective disorder is triggered by childhood trauma was involved for you? My dad and mum filed for separation.