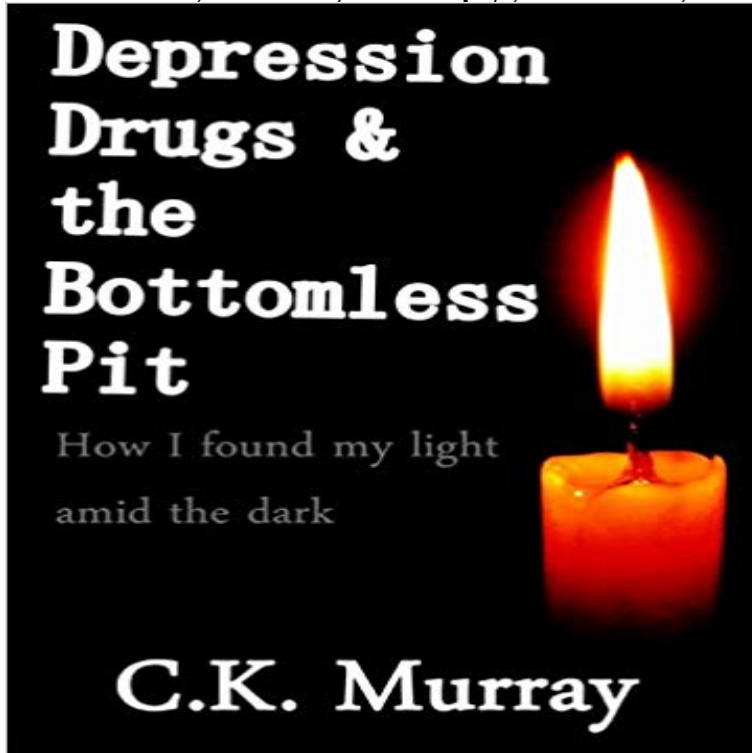


Depression, Drugs, & the Bottomless Pit: How I found my light amid the dark: (Depression, Anxiety, Drug addiction) (Depression, Anxiety, Drug addiction, Family therapy, Natural, Cure, Help)



The Pit is Dark, Forever Dark Because depression is never what it seems... For some of us, the darkness encroaches slowly, slipping through the cellar door in silence--anxiety's shadow. For others, the pain is all too real, and all too fast. And like a black hole, our depression envelopes us all at once before we're gone. The people who love of us most, the ones who want to help, are left clueless. Many of them, never even know. Is this natural? Is there a cure?

With depression and drugs, there is always pain. Without help, without professional therapy or family therapy, overcoming depression and anxiety is nearly impossible. And as that drug addiction deepens, the dark can only grow. Pain begets addiction and addiction begets pain, and in the end, as we rot amid that deathly anguish--dark and dying--we have but two choices... Succumb to our demons, or Rise from the ashes. Will you choose the light? Depression, Drugs, & the Bottomless Pit: How I found my light amid the dark is part drug memoir, part help for alcoholics, part substance abuse counseling. It is a resource that asks us all to look deeper than what meets the eye. With the right questions, the right concerns, and the proper attention to detail, any person can probe the depths. And once that light shines through the dark, there is no telling what we'll find... Keywords: personal drug memoirs, stories of drug addiction, personal help for addicts, help for alcoholics, depression and drugs, substance abuse counseling, overcoming depression and anxiety

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