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Depression is a liar, by Danny Baker I have to say was an amazing book. Depression is something serious, and has been for years. In recent years, we've advanced in medicine and technology in a way that you can treat depression.

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But depression is a liar. Recovery IS possible - and I can prove it to you. My name's Danny Baker, and for four years, I suffered from life-threatening bouts of depression that led to alcoholism, drug abuse, medicine-induced psychosis and multiple hospitalisations.

~~Depression is a Liar (Kindle Edition) eBook: Baker, Danny~~

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Depression is a Liar. Depression is living in a body that fights to survive . . . with a mind that tries to die. Depression is fear, despair, emptiness, numbness, shame, embarrassment and the inability to recognise the fun, happy person you used to be. Depression is the incapacity to construct or envision a future.

~~Depression is a Liar by Danny Baker Goodreads~~

Depression is a Liar. By Danny Baker. Depression is living in a body that fights to survive . . . with a mind that tries to die. Depression is fear, despair, emptiness, numbness, shame, embarrassment and the inability to recognise the fun, happy person you used to be. Depression is the incapacity to construct or envision a future.

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Kindle Edition ? 294.00 Read with Our Free App Audiobook ... But depression is a liar. Recovery IS possible - and I can prove it to you. My name's Danny Baker, and for four years, I suffered from life-threatening bouts of depression that led to alcoholism, drug abuse, medicine-induced psychosis and multiple hospitalisations. But over time ...

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Depression is a Liar(Depression is a LiarBook 1): This is a memoir that recounts my own personal struggle and eventual triumph over depression. It's a #1 international mental health bestseller, and in 2016, will be translated into Spanish, Italian, French and Portuguese.

~~Depression is a Liar - The Complete Series by Danny Baker~~

My name's Danny Baker - I'm the author of Depression is a Liar, and these days, life is very, very good. As I write this: I have my dream job of being an author/entrepreneur. I just married the love of my life!

~~Depression is a Liar | The Depression Project~~

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~~Read Depression is a Liar - The Complete Series (Books 1-4~~

Depression is also a dirty liar. Its powers of persuasion rival that of a seasoned infomercial host, except that instead of a Rotato® Potato Peeler or a miracle skin treatment made from the tears of unicorns, what you end up buying are harmful and sometimes fatal thoughts.

Depression is living in a body that fights to survive . . . with a mind that tries to die. Depression is fear, despair, emptiness, numbness, shame, embarrassment and the inability to recognise the fun, happy person you used to be. Depression is the incapacity to construct or envision a future. Depression is losing the desire to partake in life. Depression can cause you to feel completely alone - even when you're surrounded by people. Worst of all, depression can convince you that there's no way out. It can convince you that your pain is eternal, and destined to oppress you for the rest of your days. And it's when you're in that horrifically black place, staring down the barrel of what you truly believe can only be a lifetime of wretched agony, that your thoughts turn to suicide - because depression has convinced you that it's the only way out. But depression is a liar. Recovery IS possible - and I can prove it to you. My name's Danny Baker, and for four years, I suffered from life-threatening bouts of depression that led to alcoholism, drug abuse, medicine-induced psychosis, near suicide attempts and multiple hospitalisations. But over time, I managed to recover, and these days, I'm happy, healthy, and absolutely love my life. "Depression is a Liar" is a memoir that recounts my struggle and eventual triumph over depression. I wanted to tell my story to show people with depression that they're not alone. Of course, I also wanted to share the lessons I learned on the long, rocky, winding road that eventually led to recovery - particularly with regards to relationships; substance abuse; choosing a fulfilling career path; perfectionism; seeking professional help; and perhaps most importantly, having a positive, healthy attitude towards depression that enables recovery. Above all else, however, I wrote this memoir to give sufferers hope, and to show them that no matter how much they're struggling, that recovery is always, always possible. Free Bonus Content To further help people recover from depression and help their loved ones better understand the illness, all readers will also receive the following bonus content: Online Course 1: My Recovery Blueprint: How I overcame depression in three straightforward steps and how you can do the same. In this course, I'll detail the exact steps I took to overcome a debilitating, suicidal depression and transform myself into the extremely happy, healthy person that I am today. While doing so, I'll also cover how to deal with some very common causes of depression including spending too much time with toxic people, anger, being prisoners of what other thinks of us, perfectionism, negative thinking, worrying about things beyond our control, and many, many more. Online Course 2: How To Tell Someone That You Have Depression. In this course, we'll talk about how and when to tell those around you that you have depression. Bonus Videos: 15 Things I Wish People Knew About Depression; The 15 Best And Worst Things You Can Say To Someone With Depression; Why Your Teenager (In Particular) Needs To Learn About Depression - Before It's Too Late; and How To Support A Loved One Who Suffers From Depression. You'll be able to join over 4,000 people who receive a free supportive email from me each morning with an encouraging, uplifting quote to help them get through their day. You'll also be invited to join a private Facebook support group I founded where you can talk about your depression with other sufferers.

First Love never dies, but can depression bury it alive? Like most young adults, Jimmy Wharton is trying to carve out a happy, successful life for himself. It's hard enough to do under any circumstances, but when he starts suffering from depression, becoming the person he wants to be feels overwhelmingly unachievable, as his illness seems destined to shatter his world. Olivia, Jimmy's high school sweetheart and long-term girlfriend, initially tries to support him in every way she can. But as Jimmy spirals downwards, their relationship begins to break at the seams, and they are forced to face the devastating reality that as strong as they know their love is, the force of Jimmy's depression could be even stronger. Set against the backdrop of Sydney's iconic Manly Beach, "I Will Not Kill Myself, Olivia" is a tale about the intoxicating, heartbreaking, unforgettable experience of first love; about all the mistakes we make on the road to adulthood; and about an illness that afflicts 350 million people worldwide. You'll find this book appealing if: You're a fan of gritty, passionate love stories You want to relive the highs, the lows and the intoxicating rush that's unique to first love You're a young adult wanting to read about another young adult striving for the same things you are You're interested in understanding depression better; you suffer from depression yourself and you want to feel like you're not alone; or you want to see how you can better support a loved one with depression You're a parent of a young adult wanting to understand how easily your child can tumble into depression, and wanting to prepare yourself to be able to recognise the symptoms if they ever do (tragically, depression strikes about 20% of teens). You're unlikely to enjoy this book if you: Despise swearing Are put off by explicit sex scenes Are after a light-hearted story Editorial "Centred around Jimmy and Olivia's heartfelt, passionate and troubled love, I WILL NOT KILL MYSELF, OLIVIA is a painfully honest, authentic and provocative novel ... one that presents a mesmerizing portrayal of the all-consuming force of depression that dominates the main character ... one that takes the reader on a highly emotional journey ... and one that achieves a perfect balance of emotions, action and drama." The Columbia Review "A modern day Romeo and Juliet - a powerful, heartwrenching story that takes you on an emotional rollercoaster ride as Jimmy and Olivia try to hang on desperately to love in the face of Jimmy's mounting depression." Nick Bleszynski, bestselling author "An explicitly realistic, absolutely intriguing and stunningly gritty novel ... one that snatches the reader's attention right from the start ... and one that provides fantastic food for thought for all young adults." Pacific Book Review "A romance story that tugs at the heart, and entices readers with pure raw emotion ... From steamy, unadulterated throes of passion to being tossed into the deepest, darkest depths of despair, Baker creates an immersive world for Jimmy and Olivia ... you will feel their love, experience their torment, and empathize with their pain.* San Diego Book Review "While the protagonist's story can help people with depression to face their own problems and help non-sufferers understand the illness, I WILL NOT KILL MYSELF, OLIVIA will also appeal to a much broader audience - including young adults, who can view typical young adult behaviour from a different perspective; and parents, who after reading this book, may choose to become more attentive to their children.*" Portland Book Review "One of the most singularly powerful books about depression on the market.*" Midwest Book Review

In The Liar in Your Life, psychology professor Robert Feldman, one of the world's leading authorities on deception, draws on his immense body of knowledge to give fresh insights into how and why we lie, how our culture has become increasingly tolerant of deception, the cost it exacts on us, and what to do about it. His work is at once surprising and sobering, full of corrections for common myths and explanations of pervasive oversimplifications. Feldman examines marital infidelity, little white lies, career-driven resumé lies, and how we teach children to lie. Along the way, he reveals-despite our beliefs to the contrary-how it is nearly impossible to spot a liar (studies have shown no relationship between nervousness, lack of eye contact, or a trembling voice, and acts of deception). He also provides startling evidence of just how integral lying is to our culture; indeed, his research shows that two people, meeting for the first time, will lie to each other an average of three times in the first ten minutes of a conversation. Feldman uses this discussion of deception to explore ways we can cope with infidelity, betrayal, and mistrust, in our friends and family. He also describes the lies we tell ourselves: Sometimes, the liar in your life is the person you see in the mirror. With incisive clarity and wry wit, Feldman has written a truthful book for anyone whose life has been touched by deception.

Do You Struggle With Anxiety And Worry? Slay Your Giants With The LOVE Plan. You want to live in the present but worries about the future steal your joy. You're tired of fear controlling your life and hurting relationships. Anxious thoughts occupy your mind and you can't stop overthinking things. Satan has stolen your self-confidence and you want it back. Now. In his latest book, Dr. Lancaster explores the origin of our deepest fears and why they trap us. Then, he shares an easy-to-follow biblical plan to crush your fears. This is no "quick fix" book, but you will learn a simple, powerful way to defeat worry - anytime, anywhere. The LOVE plan will help you... Find peace and stop thinking about anxiety Discover an easy way to put your fears on hold Learn how to get self-confidence and stand strong against depression and anxiety Relax and stop thinking about money all the time Calm your mind and experience God's love again Dr. Lancaster is a veteran pastor, missionary and bestselling author of Powerful Prayers in the War Room. In the past thirty years, he has taught thousands how to stop anxiety in its tracks. If you liked Rachel Hollis's Girl, Wash Your Face or Max Lucado's Anxious for Nothing, you will love Fear is a Liar. Spiritual. Easy-to-Read. Life-Changing. By opening your heart to four simple steps, you will begin to feel the true power of God's love to overcome any lack of confidence in your life. You will experience fewer fears and fewer tears. Perfect for a simple bible study - click the orange "Buy Now" button above and start crushing your fears today.

"A twisted modern love story" (Parade), Tell Me Lies is a sexy, thrilling novel about that one person who still haunts you--the other one. The wrong one. The one you couldn't let go of. The one you'll never forget. Lucy Albright is far from her Long Island upbringing when she arrives on the campus of her small California college and happy to be hundreds of miles from her mother--whom she's never forgiven for an act of betrayal in her early teen years. Quickly grasping at her fresh start, Lucy embraces college life and all it has to offer. And then she meets Stephen DeMarco. Charming. Attractive. Complicated. Devastating. Confident and cocksure, Stephen sees something in Lucy that no one else has, and she's quickly seduced by this vision of herself, and the sense of possibility that his attention brings her. Meanwhile, Stephen is determined to forget an incident buried in his past that, if exposed, could ruin him, and his single-minded drive for success extends to winning, and keeping, Lucy's heart. Lucy knows there's something about Stephen that isn't to be trusted. Stephen knows Lucy can't tear herself away. And their addicting entanglement will have consequences they never could have imagined. Alternating between Lucy's and Stephen's voices, Tell Me Lies follows their connection through college and post-college life in New York City. "Readers will be enraptured" (Booklist) is the "unforgettable beauties in this very sexy story" (Kirkus Review). With the psychological insight and biting wit of luckiest Girl Alive, and the yearning ambitions and desires of Sweetbitter, this keenly intelligent and supremely resonant novel chronicles the exhilaration and dilemmas of young adulthood and the difficulty of letting go--even when you know you should.

Sunbathing in the Rain is undoubtedly the best book I have ever read about one person's experience of depression.' - Dorothy Rowe, author of Breaking the Bonds 'This upbeat, very readable and engaging view of depression as a temporary retrenchment, a breathing space in which to adjust better to life, makes encouraging reading.' - Spectator 'Gwyneth Lewis writes with clarity, beauty and metaphorical precision. She conveys the darkness, the silence, the selfishness, the mental clutter of depression brilliantly.' - Simon Hattenstone, Guardian 'Welsh poet Gwyneth Lewis shares her personal story of wrestling with clinical depression and describes what she learned along the way about coping with the disease. The text is aimed primarily at those who are currently depressed and are struggling to recover. The emphasis throughout is on the healing power of self-acceptance and truth-telling. This is a reprint of a book first published in London by Flamingo in 2002.' - www.booknews.com This might well be the Age of Depression. More people than ever now experience the disease directly or see a friend or relative succumb to it. Among their number is Gwyneth Lewis. And she set about writing this book simply because she wished something like it had existed for her when she was in the middle of her depression. Depression is assassination. The depressive is both victim and detective - charged with tracking down the perpetrator of his or her own murder. By drawing on her own experience of struggling with the affliction, by highlighting ways of coping, ways of truth-telling, and ways of thriving, in a straightforward, robust fashion full of casual wisdom and easy wit, Gwyneth re-embarcs on a journey that nearly killed her first time round and returns with this, perhaps the first truly undogmatic, undemanding, downright useful book about depression.

Depression sucks, but you don't. Trying to manage the range of symptoms that depression throws at you is like navigating the dark ocean floor when you are without a torch and don't know how to swim. How do you manage something that feels utterly unmanageable? How do you get through each day when depression is telling you you're a worthless lump of camel spleen? What you need is a guide. A really good one. You need to know what works and what to do. This book gives you 40 ways to get to a better place with depression. They are born out of the author's personal experience of clinical depression and his many years of working as a counsellor helping people with their mental health. James lives with depression and knows its lies, the traps it makes and how to dodge when it starts spitting bile in your face. Nice, eh? The ways include: - Kick your cuckoo. We don't usually encourage violence towards birds, but no cuckoos are actually harmed so don't call the RSPCA just yet. In this chapter you're encouraged to imagine your depression as an external 'thing' (no humans or animals, of course!) and that you can 'kick out', which is great fun. - Whose voice is it anyway? Spoiler alert! That nasty voice you're hearing isn't you; it's depression. The illness. When you start to recognise its voice you can start swearing back and who doesn't love a bit of swearing? - Don't listen to the lies. We all tell little lies sometimes, right? But depression is the biggest liar in the whole universe. It makes Pinocchio look like Mother Theresa. Be the lie detector to depression's fibs; call it out on its fraudulent nonsense. - Do the opposite. Depression will try to convince you to stay in bed, don't go out, don't wash, don't eat, don't phone anyone. Be Contrary Mary and do the exact opposite of what depression tells you because it never has your interests at heart. Plus, doing the opposite feels like you're a rebel, and rebels are cool (see Star Wars). At whatever point you're at with your depression, this book can help and provide some laughs along the way - hooray! - because you really need it with this bloody illness.

Kelly Oxford is . . . A wunderkind producer of pirated stage productions for six-year-olds Not the queen of the world An underage schnitzel-house dishwasher The kid who stood up to a bully and almost passed out from the resulting adrenaline rush A born salesman Capable of willing her eyesight to be 20/20 That girl who peed her pants in the gas station that one time Totally an expert on strep throat Incapable of making Leonardo DiCaprio her boyfriend A writer A certified therapy assistant who heals with Metallica mixtapes "Not fat enough to be super snuggly." -Bea, age four Not above using raspberry-studded sht to get out of a spending ticket "Bitingly funny. But everybody knows that.*" -Roger Ebert Sad that David Copperfield doesn't own a falcon A terrible liar

"Raw, real, and utterly gripping." - Jennifer Lynn Barnes, New York Times bestselling author of The Inheritance Games In this gripping YA novel about social media bullying and half-truths, one girl's shocking discovery of a dead baby in her high school locker room rocks an entire community. Nobody in sixteen-year-old Beckett's life seems to be telling the whole story. Her boyfriend Jake keeps hiding texts, which could mean he's cheating on her. Her father lied about losing his job and so much more before his shocking death. And everyone in school seems to be whispering about her and her family behind her back. But none of that compares to the day Beckett finds the body of a newborn baby in a gym bag--Jake's gym bag--on the floor of her high school locker room. As word leaks out, rumors that Beckett's the mother take off like wildfire in a town all too ready to believe the worst of her. Beckett soon finds herself facing threats and accusations both heartbreaking and dangerous. Nobody believes her side of the story, and as the police investigation unfolds, she discovers that everyone has a secret to hide and the truth could alter everything she thought she knew. A page-turning thriller set in a small Southern community, Every Single Lie is a jaw-dropping, twisty must-read for fans of Sadie.

A 2020 LOCUS AWARD FINALIST FOR BEST FIRST NOVEL Sharp, mainstream fantasy meets compelling thrills of investigative noir in Magic for Liars, a fantasy debut by rising star Sarah Gailey. Ivy Gamble was born without magic and never wanted it. Ivy Gamble is perfectly happy with her life - or at least, she's perfectly fine. She doesn't in any way wish she was like Tabitha, her estranged, gifted twin sister. Ivy Gamble is a liar. When a gruesome murder is discovered at The Osthorne Academy of Young Mages, where her estranged twin sister teaches Theoretical Magic, reluctant detective Ivy Gamble is pulled into the world of untold power and dangerous secrets. She will have to find a murderer and reclaim her sister-without losing herself. "An unmissable debut."-Adrienne Celt, author of Invitation to a Bonfire At the Publisher's request, this title is being sold without Digital Rights Management Software (DRM) applied.

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