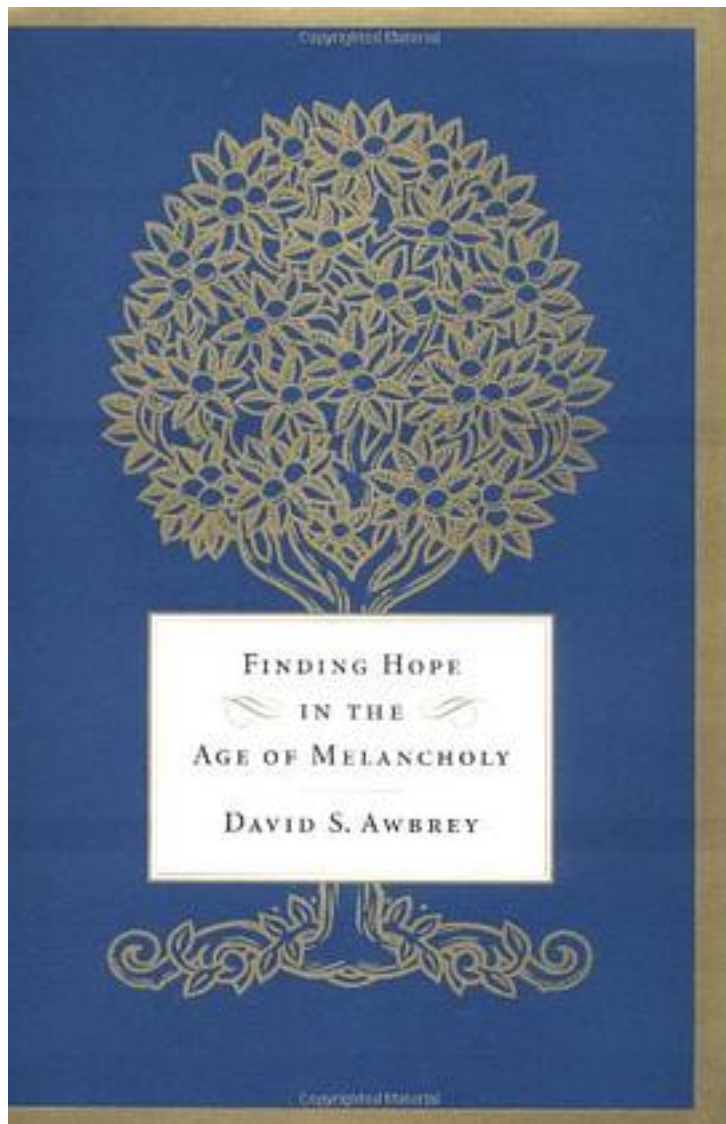


# Finding Hope in the Age of Melancholy



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著者:Awbrey, David S.

出版者:Little Brown and Company

出版时间:1999-1

装帧:Hardcover

isbn:9780316038119

At the moment of his greatest professional success, veteran newspaperman & author of this book was struck by a crippling depression. Neither psychotherapy nor Prozac helped him, & it wasn't until he began a painful probe of his life & an investigation into depression's larger issues that he saw a way out. Not a depression memoir, Finding Hope in the Age of Melancholy uses the author's personal experience to launch a profound & inspiring exploration of the depression epidemic in our society. Weaving literature, philosophy, economics, religion, & medicine into a discussion about the roots of our barren culture, the author comes to provocative conclusions. He shows how the nature of our society is often as much to blame for depression as brain chemistry is, how depression can be a positive goad to creativity & deeper self-understanding, & why religious belief & community involvement are often more potent therapies than drugs & the analyst's couch. This is a deeply helpful & illuminating book for all who are looking for meaning in their lives

作者介绍:

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