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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,

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where the highest achievements in his
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Alastair Campbell's book The Happy
Depressive is a deeply personal account of
his continuous struggle with depression

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and his pursuit of happiness. I was affected by his candor and detail in sharing his thoughts and feelings in such a manner in 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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*The Happy Depressive: In Pursuit of
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He writes too of what he has learned from the recent death of his best friend, further informing his view that the pursuit of happiness is a long game. Originally published as part of the Brain Shots series, the pre-eminent source for high-quality,

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Pursuit and Political...

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 him numb, and he can somehow look back on a catastrophic breakdown

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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 best friend, further informing his view that the pursuit of happiness is a long game.

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The Happy Depressive: In Pursuit of
Personal and Political Happiness
(Paperback) Alastair Campbell (author)

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Personal and Political...

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

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*Depression Test: How To Tell If I Am I
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in sharing his thoughts and feelings in such a manner in which one could actually imagine being in such a place of darkness and despair, whether one has experienced depression or not. The Happy Depressive: In Pursuit of Personal and Political ... The Happy Depressive:

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Happiness Through exploring what
happiness is, where it comes from, what it
stands for and how it can be created and
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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 at the expense of its counterpart emotions was the focus of

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that looks like in the brain. ... feelings—it also suppresses negative emotions such as fear and depression. ...

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Alastair Campbell's book *The Happy Depressive* is a deeply personal account of

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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 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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*The pursuit of happiness can end up
leading to depression ...*

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

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people are happy, but because he uses the scientific method to explore it.

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