



# **Out of Focus...Again: A Journey from Depression to Recovery Through Courage, Love and Commitment**

*Ann Kochenberger*

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Depression affects everyone. Do you know someone who is depressed? Do you live with someone suffering from depression? Are you depressed? Would you like to learn strategies to cope with depression? Being depressed is not a factor of personal weakness. One out of ten is afflicted with this illness. The other ninety percent know someone who struggles to cope - a spouse, partner, parent, sibling, child, relative, or friend. Family and friends want to help, but don't know how. Overcoming depression takes work - sometimes just getting through every minute of every hour of the day is all that can be done...but it can be done.

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