

## **DEPRESSION**

### **Inspirational Quotes from Famous Persons**

When women are depressed, they either eat or go shopping. Men invade another country. It's a whole different way of thinking.

--Elaine Boosler

To be depressed is to be lonely; to have a friend is to be happy.

--Unknown

When I realized what I had turned out to be was a lousy, two-bit pool hustler and a drunk, I wasn't depressed at all. I was glad to have a profession. --Danny McGoorty Irish Pool Player

Chocolate causes certain endocrine glands to secrete hormones that affect your feelings and behaviour by making you happy. Therefore, it counteracts depression, in turn reducing the stress of depression. Your stress-free life helps you maintain a youthful disposition, both physically and mentally. So, eat lots of chocolate!

--Elaine Sherman, Book of Divine Indulgences

Good humor is a tonic for mind and body. It is the best antidote for anxiety and depression. It is a business asset. It attracts and keeps friends. It lightens human burdens. It is the direct route to serenity and contentment. --Grenville Kleiser

Concern should drive us into action and not into depression.

--Karen Horney

The term clinical depression finds its way into too many conversations these days. One has a sense that a catastrophe has occurred in the psychic landscape. --Leonard Cohen