



# The Secret Strength of Depression, Fourth Edition

*Frederic Flach Md Kchs*

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"...can make you feel better just by reading it." --*Boston Globe*

## Fully Revised and Updated

Dr. Frederic Flach was one of the pioneers in the study of biology and depression and established the groundwork for the understanding of human resilience. When it was first published in 1974, *The Secret Strength of Depression* allowed people suffering from depression to no longer feel trapped in stigma and shame.

Dr. Flach's positive, informative approach showed that, by tapping into their creative energy, an individual could turn their depression into a powerful force for personal growth.

With clear, reassuring language, *The Secret Strength of Depression* has provided hope for millions worldwide. It is a timeless, enduring work that still offers invaluable insight some 30 years after its original publication.

This new edition includes the latest information on Post-traumatic Stress Disorder (PTSD), depression in children, the roles of spirituality in aiding recovery, and the myths and benefits of the new antidepressants.

Give yourself or a loved one the gift of a new perspective and a new beginning with *The Secret Strength of Depression*.

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