

This Report is brought to you by...



The WOW Experience

Overdelivery is our Specialty!

Where Vision and Value Go Hand in Hand with Information and Opportunity!

Other Companies Make Promises -- We Make Dreams Come True!
We Offer QUALITY CONTENT in Every WAY, TYPE and FORM

- Exclusive WOW Private Label Releases
- Private Label Products
- Public Domain Products
- Master Resale Rights eBooks
- Master Resale Rights Software
- Bestselling Audio eBooks by Top Authors
- Non-Fiction Audio eBooks
- Exclusive WOW Affiliate Products
- Resale Rights Products
- Exclusive WOW Private Label Reports
- eBook to Audio Conversion Software
- Resale Rights Generation Software



And, of course, if you want it all tied up in a neat website package, with *all the work done for you*, we have our NEW [Niche Empire Builder Software](#) – the Niche Real Estate Business Builder's Dream Come True!



Niche Empire Builder

The Complete Done-it-For-You Niche Real Estate Business Builder's Dream Come True!

www.the-wow-empire.com



The WOW Content Club

Your Full Spectrum Content Provider

If Content is King,
The WOW Content Club is the Kingdom
You Have Been Searching For!

www.wow-content-club.com



WOW Profit Packs

Help Yourself to Hundreds of Brand New, Blockbuster Products at Bargain Basement Prices!

www.WOWProfitPacks.com

Enjoy this Free Niche Report, compliments of WOW Enterprises
For Many More Free Reports, simply click on the links below.

www.TheWOWExperience.com

www.NicheEmpireBuilder.com

www.WOW-Content-Club.com

www.WOWProfitPacks.com

What You Need to Know About Depression and How to Effectively Manage It

Topics Covered:

Do you Know Why You're Depressed

Chronic Depression Be Gone

A Woman on a Mission

Chronic Depression and Divorce

Chronic Depression in Children

Diuretics and Depression

Depression and Drug Addiction

Depression and Fame

My Mother-in-Law and Depression

Depression in Dogs: Is it in their Head or Yours?

What You Need to Know About Depression and How to Effectively Manage It

Do you Know Why You're Depressed?

If you are depressed all of the time and don't know why, then you need to seek medical care and see if you can find a way to get to the bottom of your depression which could be something serious such as chronic depression or bipolar disorder.

Bipolar disorder strikes more women than men and is often a series of rapid cycling into mania and the deepest and darkest elements of depression. What makes matters worse is that people don't realize why they are depressed and because they can't seem to pin point it then they simply push it aside and accept it enabling the chronic depression to get the upper hand in the depressed individual's life.

While you may want to understand why you are depressed, it may be more important to recognize that you have a deeper problem such as bipolar disorder or another form of chronic depression which is causing you to lose valuable time from work while missing out on a great number of life and family events.

Once you are diagnosed for your depression, you will find that the medication for depression will be helpful but not always right off the bat or with immediate gratifying results. Depression will take a while to control and bipolar disorder especially will not be contained at once.

Taking an active part in your treatment is essential in order for you to realize success and you should seek support from a spouse or family members so that you will always be in control of your bipolar disorder or your depression. While it is important to talk to therapist and psychologists, it is also very important to find the right person to confide in that you know and trust. If you don't have a trusted friend, then maybe you should consider joining a support group which will enable you to talk freely about your chronic depression. While you may not realize it right off the bat, you likely have a larger support group in your home and you need to use your family to help you get your life back on track.

Read everything you can about your depression and choose titles specific to bipolar disorder if that is what your diagnosis is. Make sure that you do understand the key terms in bipolar disorder such as rapid cycling, mania and all the other key terms that you certainly will hear a lot in your therapy sessions. Talk openly and honestly to your therapist and make sure that you and your therapist have the same ideas for your treatment. Don't settle for a treatment plan that you don't understand or more importantly, don't want to follow. There are options and you have several of them when it comes to your own mental health.

Take control of your chronic depression and choose to live a better life with your being in complete control over the disease. You can make your life better starting today.

Chronic Depression Be Gone

Chronic depression can consume your life but it doesn't have to if you decide to take some measures to help you take control over your own life again. While seeking psychological help is a very smart thing to do, you also need to pay close attention to what you can do to help yourself with the chronic depression outside of counseling and psychological treatment.

For starters, you need to find a hobby. If you will keep your mind busy and occupied then you will have less time to let the depression consume your every breathing minute. If you think back to what you used to enjoy, such as reading, then it is possible you can take up your hobby again.

Find an exercise program or a sport you enjoy. If you like to swim, join a gym where there is designated pool privileges or if you like tennis, then join a tennis club. Whatever you like to do, you can find a way to rekindle your fondness for sports and activities but you have to make a good faith effort in getting out there and getting started in order to find some peace of mind. Sports and exercise are key in fighting depression, but you have to stick with it and keep your brain and your body moving.

Make sure you take your medication which is prescribed to you by your doctor and whatever you do , don't take a dose and then skip a dose , take one dose and skip one dose. You need to take your doses of medicine as prescribed and only as prescribed.

Check with your doctor about suggestions for natural remedies. Fruta Vida, Herbalife, Melaleuca and other direct selling organizations sell many products designed for health and wellness and Fruta Vida, in particular has an element in the acai berry that can help you with your depression. Always check with your doctor first. Also, recognize that because these direct selling organizations market some of these fine products, they will try to recruit you to sell something. Be smart and use the product but forget the sales in these companies.

Keeping your mind busy is key when trying to fight depression but you also need to keep a journal and record the times and days when you are particularly depressed. What triggered it? How can you prevent depression from sneaking up on you again? Is there anything you can do to avoid chronic depression? Look for clues in your journal. Record everything and always go back and re-read your entries to help you learn from your chronic depression and your past feelings.

Once you realize that chronic depression is going to be a lifetime problem for you to work diligently at overcoming, and then you can move forward in the here and now when things are good. When things are bad, then you need to plow through those times remembering the green grass on the other side.

A Woman on a Mission

One of my favorite all time writers deals with a thing called chronic depression. She isn't open to talking open about it so I'm not sure if she has bipolar disorder or not but I'm inclined to think so. The reason is not so much evidenced in her moods so much as her writing.

Though I don't know much about bipolar disorder, I do know that there are 'down times' and then there are 'up' moments also referred to as mania. During the manic moments, supposedly a person with bipolar can operate with very little sleep and can get a lot accomplished. This is why I believe this writer may be bipolar. Her best work is done sporadically and when she seems to be experiencing some sort of mania.

Mysteries are not my thing but when this writer releases a new mystery, I'll read one. She once told me that she hit 'writing mode' one time and wrote an entire manuscript within four days. Surprisingly, it took her only another three days to make necessary changes for her editor. However, she didn't decide to take care of the changes until three months after the editor sent her manuscript back to her for editing.

While her bizarre behavior is very inline with bipolar, sadly she is stricken with the worst of lows so I would be out of my place to ask for an explanation of her lows or her condition. She continues to refer to her condition as merely chronic depression. The lows for her consist of no one in our writer's group talking to her for weeks on end. She will not visit with anyone and she will not answer her calls. Her publisher will not get a return call, nor will her agent. She is dark until she shakes it off and then she is normal for awhile.

The manic-type moments make me almost envious of her at times. We once worked on a quick project together and while I popped out 3 small articles in an hour, she cranked out seven and they were brilliantly written. She's a gambler and I gamble too so we have a lot in common. She challenged me to find one mistake in any of her last four articles and so we made a \$50 wager of which I lost. Her writing was superb.

However, there's a dark side to that as well. A friend of mine worked a very simple project with this writer several weeks ago and called me in tears. They were up against a deadline and apparently my writer-friend had slipped into depression. She had turned in five articles in two days and they were something of which a child would be more interested in than an adult. However, several of us pitched in and the deadline was met. Still, all of us had our eyes opened wide to chronic depression.

Chronic depression strikes anytime and will take anyone hostage. It is a disease which many feel like will be the death of them and sometimes it is.

Chronic Depression and Divorce

Marriages end in divorce for all sorts of reasons. One of the main reasons of course is because couples grow apart. Another reason for divorce is adultery and still another reason is because of depression. Chronic depression is rapidly becoming a leading cause of divorces and it's because it goes undetected for so long and the mood swings are often more than one person can bear.

Depression can put strains on a marriage and yet if you don't know to what extent of depression that you are dealing with, sometimes it can be a lot worse than it needs to be. Chronic depression is more dominant in women than in men and often does go undetected because women don't seek professional help with so many other responsibilities of juggling home , work and children as well as everything that goes along with the everyday life of being a wife and mom.

Men with chronic depression may seek help after encouragement from their wives or other person close to them. However, sometimes men look for a place to put the blame when they discover they are chronically depressed. Who better to blame than the one they roll over to each morning? And who wouldn't be depressed rolling over to pink hair curlers and eyelids covered in cucumbers?

Chronic depression is a very serious problem because it is a disease. To make light of the situation of depression is possibly the only way for many people to get through the trauma of depression which occurs chronically. People living with the depression often have thoughts of suicide and are faced with problems bigger than most would imagine.

Bipolar disorder is a very real possibility seen in those who are chronically depressed. If you or someone you love seems to have very low and dark moods and then very high manic moods, its possible you or that person is living with bipolar disorder.

Divorce is a very viable option for those living with depression because the person who is chronically depressed is likely not a lot of fun to be around and he or she may not be an active part of the family unit or the marriage relationship. If you are going to try to save a marriage which is facing a divorce because of chronic depression, you must seek marriage counseling immediately. This is the only way to realize success in the marriage and success in fighting chronic depression. If needed, attend marriage counseling together and then encourage therapy for the partner with chronic depression.

When depression strikes someone you love , you want to help them and you don't want to leave them . However, many times a marriage will become unbearable and it will become inevitable to divorce the partner who finds no value in their life or the life of the marriage. Chronic depression destroys lives, but you must do your best to protect those that can be protected from its grasp, even if that includes you.

Chronic Depression in Children

Adults don't always notice what is in front of them, but often times they may realize too late that they have been living with a child who is chronically depressed. Depression in children can be hard to catch because children are very moody at certain times in their lives. Parents need to stay in tune with the needs of their children so that they can catch warning signs early enough and intervention can take place.

Children face depression at different times during their lives. If they don't get a lead part in the school play or if they don't make the cheerleading squad they become depressed. However, true chronic depression is the last thing that children need or understand and it presents them with a lot of confusion as well. They are depressed and yet they don't know why. They feel like the world is closing in on them and they are generally overwhelmed with sadness.

Depression in children can lead to suicide especially in teens around the age of 13 and up. If you suspect that your teenager or young child may have chronic depression, you must act now! Next week or tomorrow even could be too late. Children must have help immediately because of their inability to rationalize or understand situations which are out of their control.

Honesty in your own mental health will help a therapist work with your child professionally. If you or someone in your family battles chronic depression make sure you bring this to the attention of the counselor or psychologist who is working with your child. Chronic depression runs in families and if you or your spouse is dealing with chronic depression, it may be time for family counseling as well.

Strong support systems are necessary for helping your child to live a mentally healthy life. Counseling and group therapies may be necessary and medication is likely going to be part of your child's treatment plan. Hopefully, by being an attentive parent, you can avoid in-patient treatment at all costs. It is better for you and for the child if you keep the child in a loving home rather than send them to a mental health facility for in-patient treatment. Children get lost among adults in in-patient treatment facilities.

Keeping your child involved in activities while encouraging them to love what they are doing in school and learning to get along with their peers can also be helpful in their overall mental health and growth. Never ridicule your child with chronic depression because you never know what might happen next. And you don't want to live with the untimely death of a depressed teen or child who saw no point in going on with their life.

Talk to your child about their chronic depression and work out some sort of system between the two of you to help you help your child deal with the depression more accurately and attentively. Children count on their parents and your child is counting on you now more than ever.

Diuretics and Depression

The use of diuretics to lose weight can lead to many problems among teens and young women as well as people of all ages. Diuretics have always been a favorite among women, teens and athletes. However, many people who choose to use them are trying to rid themselves of excess fluid and sometimes become very obsessed with diuretics for the relief of fluid retention and also to lose weight quickly. Diuretics and the abuse of diuretics can also be an underlying cause of chronic depression.

Most people who choose to take diuretics certainly don't start out with an intent of the forming an addiction to Diuretics. Most don't even know that the use of diuretics can lead to serious health problems and can be life threatening. However, this is just one thing that is sometimes used to cover up the underlying pain associated with chronic depression especially when in use among young women.

The main objective of diuretics is to relieve fluid retention, but it can cause potassium loss as well as loss of other nutrition benefits. People can become dependant on the drug before they know it. Chronically depressed individuals have always been at high risk for dependence on weight loss medications, diuretics and steroids because many times individuals are searching for something to change about themselves physically in trying to relieve mental pressures.

Teens purchase over-the-counter drugs to aid in weight loss and they will purchase laxatives and diuretics as well as diet pills all in hopes of feeling better. If the teen has very responsive parents, then likely she can get help before numerous health problems such as those associated with Anorexia Nervosa become larger than the underlying issue of chronic depression.

Depression in teens is a very real part of growing up. However, when your teenager is looking for outside sources such as the use of diuretics to make them feel better then a deep seeded, underlying problem is very much present. How you choose to handle it will make or break your child and you need to know that up front.

Seeking psychological treatment for a child abusing diuretics or any other drug when clearly the main problem is depression is a must do. You have to seek help right away because your child isn't only ruining their body with life harming pills but he or she is in a very fragile psychological state and you need to know how to handle the situation best so that your child won't become a victim of chronic depression.

Chronic depression may also lead to bipolar disorder so you need to become very familiar with all of the signs and symptoms of bipolar disorder. In fact, keyword searches on chronic depression, depression, teen depression and other searches will help you prepare to successfully help your troubled teenager while hopefully giving you the knowledge to become more in tune with the signs of when your teen is really in trouble and may need immediate help. However, abusing diuretics is a pretty good sign you have a troubled teen.

Depression and Drug Addiction

Chronic depression is part of the reality that many addicts face especially when they try to clean up their lives after clearly destroying their life. Depression sneaks up on them every time they 'get clean' before you know it, they are out and about and doing drugs all over again.

While drug addiction and depression is not anything anyone sets themselves up for as a life long goal or their sole ambition, it happens to the best of people and it doesn't happen to just the kids who grew up on the streets. With the onset and take over of Methamphetamines, drug addiction is a thriving enterprise for the makers of methamphetamines. People who are addicted to the drug become lifelong customers of their drug dealer and eventually they may clean up and then they are right back on it all over again.

The reason meth addicts have such a hard time cleaning up and staying clean is because of chronic depression that they seem to have no control over whatsoever. If someone in the family of the addict doesn't recognize this then it is likely that the addict will go through a full circle process each and every time they try to clean up their act. They will abuse, get clean, become chronically depressed, give up and use again. Then the cycle will repeat itself all over again. This is just common knowledge and it is because of several factors.

Meth abusers spend more money on meth than anyone could possibly imagine. What's more the abuser will spend a great deal of time looking for the drug and then they will spend an even greater amount of time doing whatever drug activities they want to do while they're high and then they will become depressed and go on the hunt again. They'll lose their homes, cars and families along the way which will cause more depression until the only way they can ease the sting of depression is to do more of their drug of choice ; meth.

Chronic depression can be treated successfully in certain situations. Unfortunately, meth is not something that rehab facilities are having much success with at this time. Chronic depression can receive a life sentence with treatment and meth is a death sentence. Depression has a cure and meth is a problem without a cure. However, they both find a way to blend together and cause emotional havoc for the already chronically depressed.

Chronic depression normally strikes more men than women and ironically meth has been the drug of choice by many women because of the fact that it is cheaper than cocaine and can help people lose weight who take the meth. However, before you think it sounds like a viable option for you, look up the ingredients of meth and it will turn your stomach to think that people put this stuff in their bodies. Chronically depressed people have enough to deal with emotionally which is often the lure of meth for these people. For a little while they feel splendid and then splendor turns into hell.

Depression and Fame

Famous people really have no idea what it is like to have a truckload full of worries. Have you ever noticed how the rich and famous can get onto Jerry Springer or Montel and sing the blues

about their depression or anxiety and then they don't understand when there is a lack of empathy or sympathy or whatever it is that they are after? Chronically depressed or not , these individuals still go out back after the show , hop into their Hummer limo and speed off to their 5.9 million dollar home overlooking Malibu. Wow. That's enough to depress me too. You poor, poor thing!

Chronic depression is a very real long-lasting disease that can turn someone's life inside out and totally devastate the lives of those that love the chronically depressed, yet the rich and famous seem to use it as a media ploy almost if they are called onto a show to talk about their own personal trials and tribulations with chronic depression right before the release of their next movie. The media has a way of doing that of course and Montel and Jerry Springer love to be a part of all of that excitement.

If you want to talk about chronically depressed individuals, look at Jerry Springer's show and his guests. The show is bipolar and his guests are not only chronically depressed but many of them are dealing with the very rare multiple personalities disorders. And certainly many of them have some other very serious mental health issues.

Chronic depression seemingly is all around us. Medications are not working over the long haul and if you don't believe that statement, take a look at Elizabeth Taylor. Does she seem psychologically sound to you? She seems depressed to me. And what about the young blonde that married the old man - Anna-Nicole Smith? If she isn't fighting depression, well it doesn't exist. And someone needs to get the cotton balls out of this chic's mouth so we can understand all of the enlightening conversation that she seems to strive to give. Maybe she could tell us if she is depressed.

Mental health does indeed strike everyone. And I guess when you start to look at more than just one super star, you can see that clearly. After all, what kind of freak holds a baby dangling off of a penthouse balcony? Oh that was Super Freak, I mean Michael Jackson. Perhaps he was depressed. If so, it was a good thing he had his meds that day, otherwise the baby could've tumbled all the way down into a very angry crowd.

Chronic depression does take its toll on the wealthy as much as the poor. However, the wealthy can find ways to ease the pain and the poor, are kind of stuck in it. That's depressing in itself but it holds a lot of food for thought for those of you who are chronically depressed and needed one more thing to become depressed over today.

My Mother-in-Law and Depression

Depressed or not, my mother in law is wearing down my patience. We went to help her to the senior citizens center last week and she wasn't ready to go because she had been watching a Lifetime television show about depression and decided she was chronically depressed and may need to seek medical attention.

My husband informed her that she wasn't chronically depressed and reassured her visit to the center would be fun and we would indeed return to pick her up. She half-heartedly agreed to go and kept calling me Sharon all the way over to the center. Sharon was my husband's first real girlfriend and the only girlfriend that his mother ever liked. I corrected my monster-in-law and she informed me that she was chronically depressed and I was making her nervous.

As soon as I leaned back into my seat, my monster-in-law informs my husband that "Sharon has put on weight in the middle." Again, I leaned forward and corrected her and also let her know that I still was considered very much under normal weight for my height. The monster-in-law again informed me that she was chronically depressed and told my husband that I was really upsetting her.

Chronic depression and all, we finally delivered my mother-in-law to the senior citizens center. Just to be a she-devil, I went over to the administration office to talk with the lady in charge of making suggestions for nursing homes and assisted living. While my mother-in-law shot daggers in my direction, I loudly made references to the nursing homes to be certain that the bag lady could hear and understand where she could easily be headed but it must've not worked in the long run because though I won the battle; momma dearest won the war.

After a short chat, I looked at my husband and winked. "Sharon is in fact working for a really nice nursing home over in Kingston and she is making plans to help us get you in as quickly as possible. In fact, she has a good friend specializing in chronic depression."

My husband didn't find it funny at all and later on, I didn't either. The old woman topped me again. She faked a heart attack and the administrator called 911 on the spot. By the time we made it to the hospital the entire rescue team that accompanied the monster-in-law in the ambulance was very convinced of our negligence in my mother-in-law's condition. When we inquired further into her so-called condition, they explained that she was experiencing anxiety attacks because she was clearly under stress with her newly diagnosis of chronic depression. No, the woman did not have chronic depression or an anxiety attack, she just had a very mean senior moment and I assured everyone that was all it was.

However, after much debate the rescue squad crew and later the doctors recommended that she should not be left alone. And guess where the monster-in-law ended up? You got it! At Sharon's house.

Depression in Dogs: Is it in their Head or Yours?

LBK, also known as Life before Kids, allowed my husband and me a lot of time to travel and see places that we no longer visit with much frequency because we seldom leave them (the kiddos) behind for trips. However, we used to leave our mutt dog behind. After all, she found us and our lifestyle didn't have to suffer. However, we discovered how upset this made our dog when we were informed by our veterinarian that our dog had chronic depression.

This was quite comical to us at first and then we decided to listen to our vet and hear him out before we acted too much like the immature kids that we were at the time. He explained that he felt like the dog had found us during a moment of depression and then began to count on us entirely for its life support system. Of course my husband and I thought all dogs counted on humans for their life support system. However, the biggest difference was our dog was chronically depressed -- and it all started the first time we left her behind.

Mitzi (our dog) needed to be more emotionally sound and the vet recommended that we spend more quality time with her, which made my husband and I exchange some pretty weird looks. However, if we couldn't spend more time with her on a day to day basis, the vet understood because work schedules can hinder things like that but one recommendation he was quite adamant about: that we never leave Mitzi behind when going out of town. Her nerves couldn't handle it, he stated.

I am not sure how the Vet deduced it, but he seemed to know beyond a shadow of a doubt that Mitzi grew anxious every time we went away and remained that way until we returned. Chronically depressed or not, Mitzi, who found us remember, was now beginning to really get on my nerves. With a beach trip planned and other things to keep us out and about, a dog that resembled Benji was not going to stop us now!

Mitzi did get eventually get her way. My husband felt the vet was right and decided that she would be a great pleasure to take on a vacation. Of course, most of the other hotel guests where we stayed did not share his thoughts. Mitzi would stand at the door to the hotel room and howl until we returned each day from the beach or other outings. We switched hotels frequently because management would complain. When it came right down to it, our dog wasn't chronically depressed, she was a five letter word that started with a B and rhymed with witch!

Mitzi eventually died. And because we love to be controlled by kids, dogs and anything else which makes us feel needed, we ended up with another dog with a stronger personality than Mitzi. And she travels with us too because our veterinarian is worried about her mental health and overall well being. Of course, my husband is concerned she is chronically depressed without us as well!

You are invited to pass this report along to as many people as you like, provided that you make no changes to it and that you give it away for FREE.

If you would like **your own Private Label Version of this report** and hundreds of others just like it on hot, high interest niche topics – all of which come complete with 5 custom cover graphics – [click here to visit our Niche Reports Resource](#).

The image displays a 3x3 grid of promotional banners for various WOW products. Each banner includes the 'WOW' logo, a product name, a short description, and a website URL.

- WOW Audio Book Store:** Your One Stop Shop for Listening and Learning Pleasure. www.WOWAudioBookStore.com
- The WOW Content Club:** Your Full Spectrum Content Provider. If Content is King, The WOW Content Club is the Kingdom You Have Been Searching For! www.wow-content-club.com
- WOW Niche Reports Resource:** Your Private Label Niche Reports Mega Source. www.NicheReportsResource.com
- WOW Ebay Dealmaker:** We Make Selling Successfully on Ebay Seem Like Child's Play! www.WOWEbayDealmaker.com
- Niche Empire Builder:** The Complete Done-it-For-You Niche Real Estate Business Builder's Dream Come True! www.the-wow-empire.com
- NICHE TARGETED ARTICLES FOR CONTENT:** New Articles Every Month For Your AdSense Sites, Blogs, Newsletters, etc...
- WOW Resale Website Generator:** Now You Can Easily Generate Unlimited Resale Rights Sites with All Included Files in Place with a Few Mouse Clicks. www.ResaleWebsiteGenerator.com
- WOW Profit Packs:** Help Yourself to Hundreds of Brand New, Blockbuster Products at Bargain Basement Prices! www.WOWProfitPacks.com
- WOW eBooktoAudio:** Turn Any eBook Into Streaming Audio with the Simple Click of a Button. www.WOWeBooktoAudio.com

WOW: Where Vision and Value Go Hand in Hand with Information & Opportunity!

Please click below to check out all of our entrepreneurial friendly sites and products.

= > <http://www.The-WOW-Experience.com>

Always something NEW on the horizon. Always something for YOU to use to grow your business!
That's what WOW is all about. Your success is our ultimate goal and our reason for growth.