



Depressed or sad? The Difference Between Life and Death

Will Flower

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'I am defenceless against the invisible enemy who is tightening his coils around me. I should be no better armed against him even if I saw him, or had seen him.'

Depression touches upon our most primal emotions and forces us to ask some of the most basic questions about who and what we are. Is depression different from sadness? What does it feel like to be depressed? Why do some depressed patients claim to not feel alive at all? Depressed or sad? explores what it is that makes us human and how depression takes it away from us.

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