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Shades of Blue: Writers on Depression, Suicide, and Feeling Blue

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The silent epidemic of depression affects millions of people and takes dozens of lives everyday, while our culture grapples with a stigma against open discussion of mental health issues. Editor Amy Ferris has collected these stories to illuminate the truth behind that stigma and offer compassion, solidarity, and hope for all those who have struggled with depression.

Contributors to *Shades of Blue* include:

- Barbara Abercrombie
- Sherry Amatenstein
- Regina Anavy
- Chloe Caldwell
- Jimmy Camp
- Debra LoGuercio DeAngelo
- Marika Rosenthal Delan
- Hollye Dexter
- Beverly Donofrio
- Beth Bornstein Dunnington
- Matt Ebert
- Betsy Graziani Fasbinder
- Zoe FitzGerald Carter
- Pam L. Houston
- David Lacy
- Patti Linsky
- Mark S. King
- Caroline Leavitt
- Karen Lynch
- Lira Maywood
- C.O. Moed
- Mark Morgan
- Linda Joy Myers
- Christine Kehl O’Hagan
- Jennifer Pastiloff
- Ruth Pennebaker
- Angela M. Giles Patel
- Alexa Rosalsky
- Elizabeth Rosner
- Kathryn Rountree
- Kitty Sheehan
- Jenna Stone
- judywhite
- Samantha White

Shades of Blue brings the conversation around depression and sadness into the open with real, first-hand accounts of depression and mental health issues, offering empathy to all those who have been affected by these issues.

It’s time to scream out loud against this silent annihilator: We are not alone.

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From reader reviews:

Justin Price:

This book untitled Shades of Blue: Writers on Depression, Suicide, and Feeling Blue to be one of several books in which best seller in this year, honestly, that is because when you read this guide you can get a lot of benefit onto it. You will easily to buy that book in the book retail store or you can order it via online. The publisher with this book sells the e-book too. It makes you quicker to read this book, as you can read this book in your Smart phone. So there is no reason for you to past this guide from your list.

Frank Botelho:

Reading a e-book tends to be new life style within this era globalization. With studying you can get a lot of information that will give you benefit in your life. Using book everyone in this world may share their idea. Publications can also inspire a lot of people. Many author can inspire their reader with their story or perhaps their experience. Not only the storyplot that share in the guides. But also they write about the data about something that you need instance. How to get the good score toefl, or how to teach your young ones, there are many kinds of book that exist now. The authors nowadays always try to improve their skill in writing, they also doing some investigation before they write on their book. One of them is this Shades of Blue: Writers on Depression, Suicide, and Feeling Blue.

Michael Patterson:

Playing with family inside a park, coming to see the coastal world or hanging out with pals is thing that usually you might have done when you have spare time, and then why you don't try thing that really opposite from that. 1 activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you are ride on and with addition of information. Even you love Shades of Blue: Writers on Depression, Suicide, and Feeling Blue, you are able to enjoy both. It is good combination right, you still would like to miss it? What kind of hang-out type is it? Oh can occur its mind hangout guys. What? Still don't have it, oh come on its called reading friends.

Anthony Rouse:

In this particular era which is the greater individual or who has ability to do something more are more special than other. Do you want to become one of it? It is just simple solution to have that. What you should do is just spending your time very little but quite enough to possess a look at some books. One of several books in the top list in your reading list is actually Shades of Blue: Writers on Depression, Suicide, and Feeling Blue. This book which is qualified as The Hungry Hills can get you closer in turning into precious person. By looking up and review this e-book you can get many advantages.

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