



## The Luckiest Man on Earth: Surviving 38 Years of Depression (Paperback)

By Robert L Hamlett

Dog Ear Publishing, United States, 2013. Paperback. Book Condition: New. 213 x 142 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The first 38 years of my life was a never ending battle with depression and a struggle for my sanity. I was born in the 40 s, grew up in the 50 s and reached manhood in the 60 s. Doctors in those eras were just beginning to come to terms with the causes and effects of clinical depression and its debilitating effect. At that time, medication to treat depression was primarily experimental in nature and not available to most people. Until I was hospitalized in 1969, at the age of 26, not a single person was aware of the demons I had been fighting all my life. Even my family and friends were unaware the periods of hopelessness and despair that I had endured. From all appearances, I had led a normal life and, in some ways, appeared to be a high achiever. In high school, college, the military and in my later work experience, I managed to muddle through and to some extent excel. I had an instinct for survival which compelled me to...



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