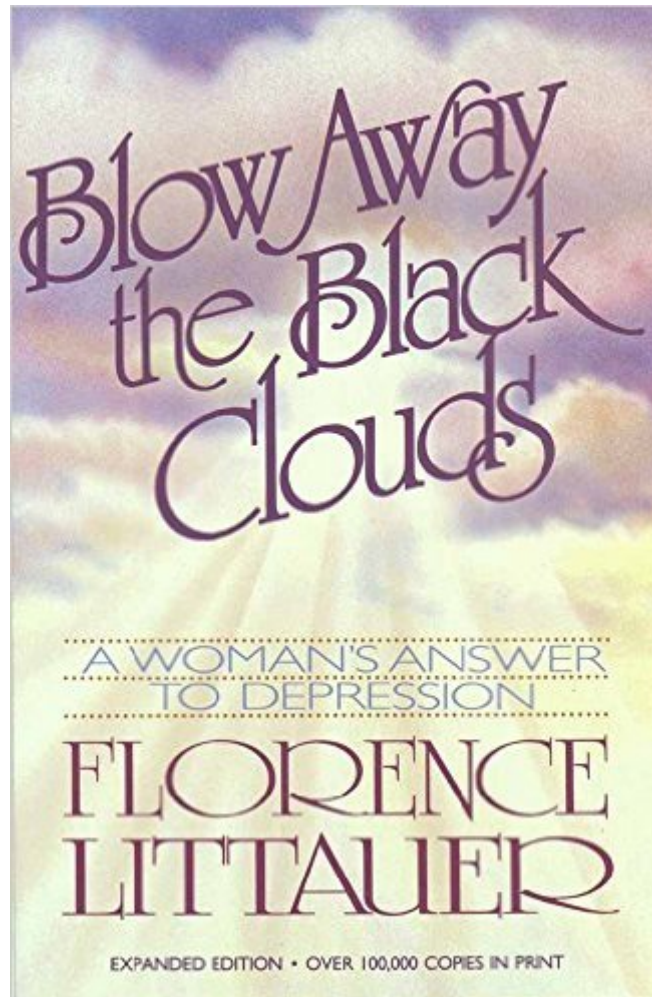


The book was found

Blow Away The Black Clouds: A Woman's Answer To Depression, Expanded Edition



Synopsis

Writing out of her own experiences, Florence Littauer addresses this book to women and men suffering from any level of depression, even if it is simply feelings of inadequacy, insecurity, or inferiority which get in the way of living fully.

Book Information

Paperback: 136 pages

Publisher: Harvest House Publishers; Enlarged edition (July 1986)

Language: English

ISBN-10: 0890812853

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Product Dimensions: 8 x 5.3 x 0.7 inches

Shipping Weight: 11.2 ounces

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (15 customer reviews)

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Customer Reviews

The best books on depression are written by one who has been there! Florence has been there (just wait until you read her amazing story..) but she was determined to not stay there. With practical advice, but also sympathy about the true effects of depression, Florence will lead you through ways to gain control of your emotions that want to weigh you down. I recommend this book frequently to people who live with chronic illness and also deal with the issues of depression.(...)

There are seasons in each of our lives, and this summer was my wet monsoon. I have a tendency to get gloomy and depressed when too many worries start to pile up - the trouble with living vicariously through everyone around you. I hate gloomy, depressing people, so when I saw this title I snatched it up. If you just want someone to crawl into bed with you and understand, she understands, and she brings a hot cup of tea and warm hug with her. Her humor will perk you up. Her compassion will give you comfort. She is a good friend. Give her a read.

This is a humorous, methodical book of unexpected challenges. Ms. Littauer presents her life expectations and self improvement as she goes about dealing with extremely sensitive and

challenging events in her life. She works herself, and us, over as she lets us in on her vision for herself, her future and her family. She cleverly leads us along and one wonders why the title, "blow the dark clouds of depression away". I expected someone to relate to my depression and my family experience. Here she is poking fun at herself and life and then Boom...the unthinkable happens to her. I loved this book.

I purchased this book when it was first released several years ago after a friend committed suicide. I wished so many times that I had read it before that tragic event. When my oldest daughter went to college, she would give her friends a copy of the book that she believed were depressed and looking for help. We have bought and given this book as a gift to many women who needed the help printed between its covers.

I gave it to my wife who is a Melancholy Phlegmatic. She gave it to her friend who is a Sanguine Choleric. She gave it to a friend who is a Sanguine Phlegmatic. I never read it myself but apparently it's pretty good.

This is a humorous, methodical book of unexpected challenges. Ms. Littauer presents her life expectations and self improvement as she goes about dealing with extremely sensitive and challenging events in her life. She works herself, and us, over as she lets us in on her vision for herself, her future and her family. She cleverly leads us along and one wonders why the title, "blow the dark clouds of depression away". I expected someone to relate to my depression and my family experience. Here she is poking fun at herself and life and then Boom...the unthinkable happens to her. I loved this book.

This book is an excellent resource for women coping with or avoiding depression. It shipped as scheduled and arrived in good condition. The cover had a crease and some stickers but the condition was well within the described guidelines.

The book very good if your just learning about depression, i read it years ago when i first started with depression. I am working with my md. to try to decrease my depression meds and thought this would have more examples of ways to manage through the weird feelings as you try to very slowly wean yourself off some meds, but it did not help me now.

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