



Existential Depression: How to recognize and cure life-related sadness in gifted people

Marc Sanders

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EXISTENTIAL DEPRESSION - A MANUAL OF SELF HELP Press Review, edited by Marc Sanders, featuring essays, articles, and group discussions on the experience of life-related sadness. It puts together in one volume information and tips of self-help to refer back to. Existential depression has not been widely researched. It is a new hypothesis. This book presents the theories which explore the negative forces that drive an individual to worry too much about his or her life's "meaninglessness", sense of aloneness, human fears and failures. Such forces represent powerful influences in shaping or affecting our mental well being. It has been noted that gifted people are more inclined to go through a type of depression referred to as 'existential depression'. Existential depression may arise when a sensitive and intelligent individual starts to reflect on the most essential problems of human existence. These problems are related to one's perception of the self in relation to the others, one's vocational expectations, fear of failure at work, anxiety of performance, reluctance to commitment, distrust in love affairs, concerns about existential isolation. 'Existential depression is an insidious and pervasive condition. It can begin at a very young age. This is the reason why it must be recognized as soon as possible. A duty of parents, teachers and caregivers is to try to bring their attention to its causes and manifestations. Existential depression is a condition and not a real pathology: it affects young and adult individual. It can cause huge unhappiness and should be approached with the right method and attitude.' The volume includes articles, information, illustrations, and group discussions on the experience of sadness by gifted people. The book offers insight on how to recognize and cure existential depression. Readers will get tips and advice on how to face and cure a state of existential depression. Existential depression is not treated with prescription medications, but rather with psychotherapy, and art-therapy, since these methods can offer the person affected by sadness a deeper insight into the meaning of their existential discomfort. Existential depression may be caused by a specific event in the person's life (e.g., loss of a job or a loved one), or by nothing special at all. Occasionally depression originates from jobs that dehumanize the individual and leave them exhausted and dissatisfied causing life and everyday work appear meaningless. Such depression too needs urgent help. The individual needs to be told to follow the vocations that will enable them to be fully alive at work, and in their leisure hours. Being devoid of vitality throughout the workday can negatively affect the energy that is needed to feel affection for the others and for oneself: in fact, without love despair is inevitable. Sometimes, the depressed person needs to seek counseling from a psychotherapist alleviating their traumatic past and present experiences which cause them to feel immobilized and irresponsive to stimuli. "It is an interesting panorama of essays on existential depression which allows you to make up your mind whether or not you suffer from it. It informs the readers and allows a good degree of freedom to select one's best cure and attitude towards melancholy. If you feel that you do not have a serious depression, this book is very helpful to find your way out of the dark wood of existential sadness. I recommend the book also because it is professionally edited. It is a good product and after all a real bargain for what you pay and what you get." (A reader)

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