

If you or someone you know is one of the 25 million Americans - one of every ten - who suffer from depression, you have experienced one of its most devastating symptoms: the belief that you are completely alone and that no one can comprehend your pain. In this collection of carefully chosen quotations by literary, political, social and cultural figures from the eighth century BC to the present day, you will discover that you are not and never have been, alone. Florence Nightingale, Winston Churchill, Abraham Lincoln - these celebrated and others have insights into this dread and sometimes crippling disease. This collection brings comfort, hope and the realization that out of the darkness is light.

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