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Dr. Gary Bell's **ABSURD PSYCHOLOGY** Taking Insanity to the Woodshed



Dr. Gary Bell
Marriage Family Therapist

Dr. Gary Bell's Absurd Psychology
Tuesday at 11 AM Pacific
November 16th 2021: How Do Know I Am Depressed

Major Depressive Disorder (MDD) is more than simply feeling sad, experiencing grief, or being super drained of energy. Those feelings are totally valid, but like most feelings, they'll eventually pass. MDD is an often-debilitating mental illness that presents as a cluster of depressive symptoms. For most people, clinical depression won't go away on its own and you can't "just snap out of it." While melancholy and exhaustion are part of depression, there are other symptoms to look for, including losing interest in things you once enjoyed, trouble sleeping, sudden crying spells, withdrawing fro

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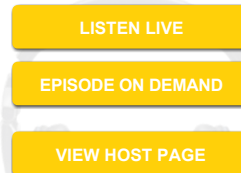


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