



Black Comedy “Depression Can Be Fun” by Helen McNallen now available to help people get through the dark days

An insightful autobiography of the author’s experiences living with over ten years of depression and how she got through it.

London, 8th September 2010, Helen McNallen, founder of the site depressioncanbefun.com has launched her book of the same name. The book provides a sometimes humorous, black comedy look at depression through her eyes as she experienced it. Written in an easy to read autobiographical style it treats the serious subject of depression in a way that is easy to relate to and very empathetic. The book will be officially launched at the request of the NHS on 10th October as part of their activities for ‘World Mental Health Day’¹

Having been a high-flying trader who suffered with depression for over ten years, Helen herself tried to find reference documents to help get her through the illness. She found only indigestible, scientifically written weighty tomes written by experts and not necessarily anyone going through depression themselves. Helen said: “I have written the book I wanted to read when I was ill. It was a difficult and challenging thing for me to do but achieving it has helped me and I hope it will help others”

Helen discovered that laughter and hope truly are the best medicine when she was ill and her book uses humour to describe her darkest moments. She certainly doesn’t trivialize Depression the illness, as she says it’s something that devastates many people in many ways. Her book is designed to give people hope and help others get through what she has.

Marisa Peer says: “Helen has written this book as a friend talking to you and sharing what they’ve been through in a very empathetic way. It truly is the first time the subject of has been tackled like this. This book has Helen’s heart and soul in it. I can honestly say that if you want some light at the end of your current dark tunnel of depression this book will definitely help you get there.”

The many endorsements Helen has received from celebrities that have suffered from depression such as Alastair Campbell, 'Mind Champion of the Year and author of All In The Mind', Lulu Guinness, fashion designer and Marisa Peer, psychotherapist /hypnotherapist / behavioural expert /author/ broadcaster/ lecturer/therapist of the year support that this is a book that anyone touched by depression should read to help them through it.

The book is available on Amazon. More extracts can also be found on the website depressioncanbefun.com.

¹The NHS will actually be carrying its events out on Friday 8th October as 'World Mental Health Day' occurs on a Sunday this year.

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Chapter THE HAPPY PILLS!

There are lots of things you can do to lift your mood besides just popping pills and professional therapy... Therapy tends to be for an hour, once a week... Taking pills takes up 2 or 3 minutes after each meal. You commit more time than that to cutting your toe nails!

Chapter: THE BLOODY WEIGHT GAIN!

Of course my diet wasn't helping my Depression. I was eating so much junk food. Fruit and vegetables were not high on my list of priorities. Coffee and biscuits and cakes and sweets were. I wasn't exactly nourishing my mind and body. In fact I was denying it anything anywhere near its natural state and depleting my body of its calcium reserves by drinking far too many fizzy drinks, mostly tonic water and worse still the tonic was to dilute the gin, which is widely known to be a depressant in itself! What did I expect?

Chapter: WHY AM I DEPRESSED?

"I'm not the kind of person who gets depressed." This was my constant argument with my dad, my husband and my doctors. But my father said something to me that made me laugh. 'One in four people are unbalanced. Look at your three closest friends. If it's not them, it must be you!' Thanks for that, dad! He's probably right though.

Chapter: THERAPY, MAN!

Take my sister. She decided by herself and in her own time that she needed therapy. Being diagnosed with cancer towards the end of her pregnancy and a year of chemotherapy made her feel low.

She knew that year was the reason for her low mood. When the psychiatrist gave her the line, "Let's go back to your childhood", she replied "Don't you think the last year is enough?" She did not want or feel the need to go back to her childhood.

Chapter: THERAPY BEGINS AT HOME

The serotonin and endorphins in good quality dark chocolate are good for you and your Depression.

Another ingredient of chocolate is anandamides, taken from the Sanskrit word 'ananda' meaning ecstasy, similar to the stuff in marijuana. However, you do have to eat about 25 pounds of chocolate to get the marijuana like effect. NO PROBLEM!

Chapter: THE NHS INSTITUTION

My sister-in-law said that it reminded her of a horror movie when the patients used to sit up in unison to get up to go in for dinner. In fact it disturbed Helen McNallen 220 her so much she told me that when they were leaving in the car she screamed "Floor it!" because she couldn't get out of the place quick enough.

If you would like a full copy for review please email info@depressioncanbefun.com

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