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Why am i still depressed after all this time |

If you are still depressed and have tried a load of different things then the chances are you are stuck in a rut. You have to change something In order for the

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Eddie is a counselor and writer living in Orlando, Fla. He is the Director of Church Mobilization for International Justice Mission, which means he speaks to churches

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How to Cope With Depression After a Break Up. Given enough time, consider that you can still be on friendly terms / be friends with your ex. However,