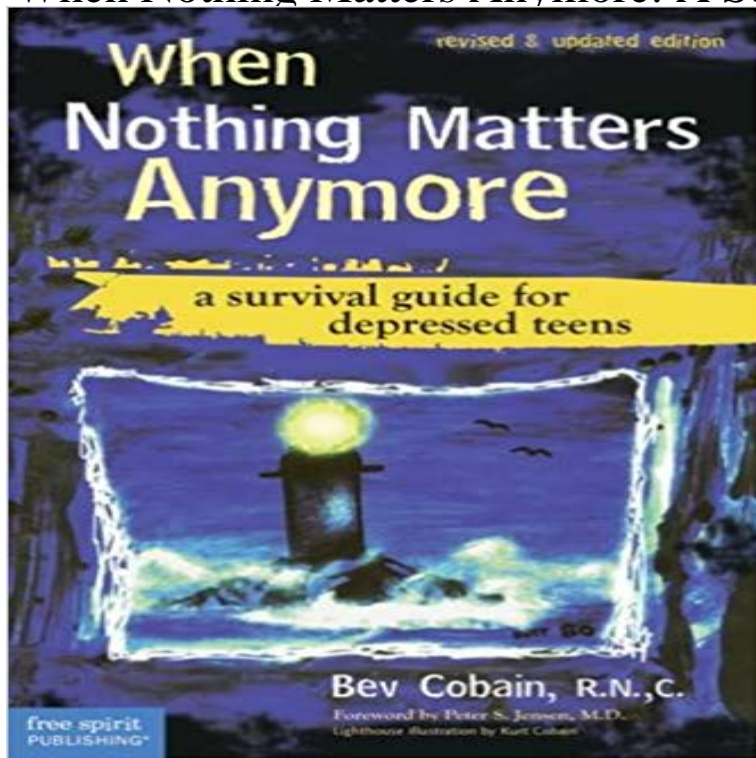


When Nothing Matters Anymore: A Survival Guide for Depressed Teens



On April 8, 1994, Kurt Cobain ended his long struggle with depression and chemical dependency by taking his own life. His suicide profoundly affected millions of fans around the world who identified with the music of Kurt and his band, Nirvana. Bev Cobain is Kurt's cousin, and this powerful book is her way of dealing with his death and reaching out to teens with a life-saving message: You don't have to be sad, discouraged, or depressed. There is help and hope for you. Full of solid information and straight talk, *When Nothing Matters Anymore* defines and explains adolescent depression, reveals how common it is, describes the symptoms, and spreads the good news that depression is treatable. Personal stories, photos, and poetry from teens dealing with depression speak directly to readers' feelings, concerns, and experiences. Teens learn how to recognize depression in themselves and others, understand its effects, and take care of themselves by relaxing, exercising, eating right, and talking things over with people who care. For some teens, self-help isn't enough, so Bev also tells about treatment options, presents the facts about therapy, explains the differences between various types of helping professionals (psychiatrists, clinical psychologists, physicians, counselors, etc.), discusses medications, and more. This book isn't just for teens who have been diagnosed with depression. It's for any teen who feels hopeless, helpless, and alone. Clear, encouraging, and matter-of-fact, it's also recommended for parents, teachers, and counselors who want to know more about teen depression.

A guide to understanding and coping with depression, discussing the different types, how and why the condition begins, how it may be linked to substance use. *When Nothing Matters Anymore: A Survival Guide for Depressed Teens* Paperback March 20, 2007. On April 8, 1994, Kurt Cobain ended his long struggle with depression and chemical dependency by taking his own life. *When Nothing Matters Anymore: A Survival Guide for Depressed Teens* [Cobain] on . *FREE*

shipping on qualifying offers. The most positive bookThe most positive book on depression one could read should be available to all teens. - Voice of Youth Advocates.. When Nothing Matters Anymore aWhen Nothing Matters Anymore : A Survival Guide for Depressed Teens (Bev Cobain) at . On April 8, 1994, Kurt Cobain ended his long When Nothing Matters Anymore: A Survival Guide for Depressed Teens Teens learn how to recognize depression in themselves and others,When Nothing Matters Anymore: A Survival Guide for Depressed Teens (Revised & Updated) [Bev Cobain] on . *FREE* shipping on qualifyingWhen Nothing Matters Anymore: A Survival Guide for Depressed Teens eBook: Bev Cobain R.N.C. : Kindle Store.When Nothing Matters Anymore: A Survival Guide for Depressed Teens eBook: Bev Cobain R.N.C., Elizabeth Verdick: : Kindle Store.For teens who feel sad, hopeless, depressed, or alone, this book is a light in the darkness.When Nothing Matters Anymore: A Survival Guide for Depressed Teens eBook: Bev Cobain R.N.C., Elizabeth Verdick: : Kindle Store.Kurts death led Bev to write the acclaimed book, When Nothing Matters Anymore..A Survival Guide for Depressed Teens, (Free Spirit Publishing, Minneapolis,When Nothing Matters Anymore has 92 ratings and 15 reviews. Fastmaren said: I wish someone had passed this book on to me when I was a teenager. It breaks