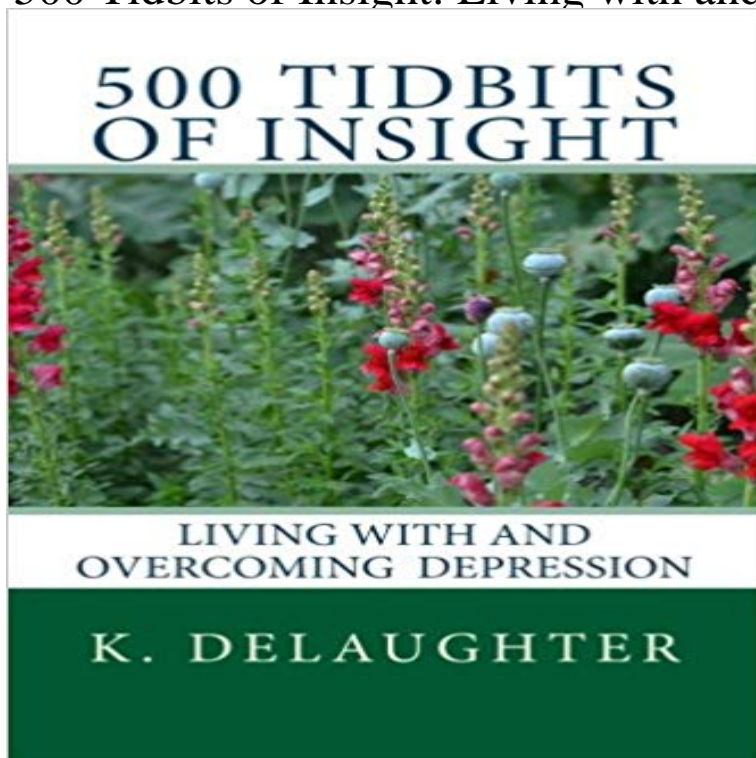


## 500 Tidbits of Insight: Living with and overcoming depression



In her debut work 500 Tidbits of Insight, K. Delaughter has collected hundreds of strategies, pieces of advice, and thought provoking perspectives about depression. Each tidbit is told in a short, concise manner that is easy to understand. While the book is intended for readers that are struggling with depression, K. Delaughters direct writing style makes her book a quality read for anyone with a desire to understand more about how depression affects those that suffer from it. The tidbits are created and pieced together in a manner to encourage proactive responsibility without any hint of condescending tone or voice. Her ability to touch on difficult issues like suicide and self-harm while also discussing tips to simplify daily stress make this collection a true gem, the only book of its kind, and definitely one that will redefine how depression recovery is not just possible, but realistically obtainable.

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