



When Nothing Matters Anymore (Paperback)

By Bev Cobain

Free Spirit Publishing Inc., U.S., United States, 2007. Paperback. Condition: New. Revised ed..

Language: English . Brand New Book. 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...



READ ONLINE
[9.42 MB]

Reviews

The very best book i actually read through. I have got read through and i am certain that i will likely to read through yet again yet again down the road. I realized this ebook from my dad and i suggested this book to learn.

-- **Alfreda Barrows**

It is great and fantastic. Sure, it is actually perform, nevertheless an amazing and interesting literature. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Ivy Hill DDS**