ANXIETY & DEPRESSION Climb out of the cellar of your mind	Case Study #03: Self Loathing/Exercise #02 (B) A. Lan set a haf person. I roully have to resolver that. I do sugid things. If a study person, averagily intent on building spruff. End only taxes	Exercise #2A: Other Moods (complete the list)*	
			MOOD LIST
	why. If's lite // the decided to raits our an emility experiment with alcohol and meany on expert("Musica that all alcoholarity informations. I should be combanded my emilies experiment on someone che.           B. Its the pain so great that you have to kill yourself?	Depressed Sad Insecure Nervous Enraged Anxious Embarrassed Proud Disgusted Scared Angry Excited	Hurt Other Mood Happy Guilty Frightened Panicky Cheerful Loving Ashemed Irritated Frustrated Disappointed Humiliated
		Mad	Regrettul

## Scott King Anxiety & Depression

Program Hapax Series

Authors Scott King

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## An unusual self-help manual

"I suggest you burn this copy of 'Anxiety & Depression.' I believe it is a dangerous and revelatory book, this fuck-you manual for the terminally deranged, that describes, in some unflinching detail, to many of us, the way we live now. You see those people, making their shameful early morning pilgrimages to the corner shop, rolling around in dog shit in the cemetery grass, or furtively jiggling the pub doors at ten thirty in the morning. These are their stories. They are lonely, depressed, and need a drink. After reading about them, so do I."

-David L Hayles, author of "The Suicide Kit"

Third printing.