

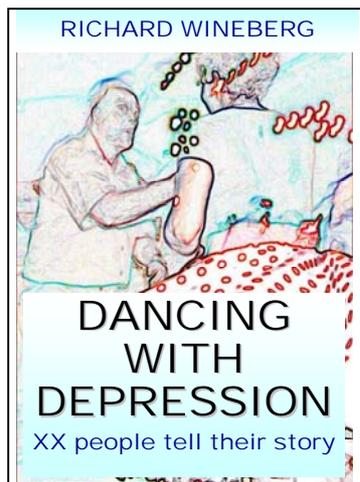
AN INVITATION TO SHARE YOUR STORY

I'm an author, Speaker, Coach and Consultant on leadership and organisation performance. In March 2007 I was given the "all clear" from a cancer operation the previous December.

What I found (and I'm really taking a liberty here in generalising) was that surgeons are happy their operation was a success. They have a tick for their performance. They tell you the minimum they deem necessary to get you through. They, understandably, don't want to introduce any negatives that may or may not eventuate.

Depression is one of those possibilities they don't warn you about. The surgeon is happy and sends you back to your GP. He asks how you are – and you've been fine working through recovery from the operation. Then depression hits you. The trouble is, you don't know it. It creeps up on you. No one has warned you.

Now in rehab after two years of severe clinical depression, I can see how bad it really was and want to do something that can help others to recognise they have depression, they are not alone and there is light at the end of that tunnel.



That something is a book, "***Dancing With Depression***".

The title comes from my passion for dancing, particularly rock 'n roll, swing and jive. It was dancing that provided the day-to-day structure for me through the fog of depression.

It's not just from, as in my case, cancer. There are many triggers for depression and many variations of experience and treatment. The book is not to be a medical or treatment guide.

It is to be a compilation of stories to which others can relate, recognise and understand. This will help, not only those with depression, but also those whose lives are involved with them.

I'd like you to join me in telling our stories.

The more the merrier. The more stories we can include in the book, the greater the possibility of matching someone else's situation and the more likely we can help readers understand the depression process: suffering it, recognising it, understanding it and dealing with it.

The following two pages explain it all. If you have any questions, please give me a call. Otherwise, I look forward to receiving your contribution.

Rock on...

Richard Wineberg



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