

Dear A. B. Curtiss

I'd like to thank you for such an uplifting book. I have gone through a few more chapters and I am simply amazed at how you "get it" when it comes to depression. To be honest, I'm actually looking forward to my next depressive episode so I can apply some of your techniques - unfortunately, it looks like depression doesn't like to be "welcome", so it may be a while before I can give it a try. Tom