

**Title: Conversations**

**Subtitle: Help writting anti-depression article**

**Second Subtitle: Re: Help writting anti-depression article**

Author: Helper

Date: 1139582172

URL: [https://www.wizanda.com/modules/newbb/viewtopic.php?topic\\_id=31](https://www.wizanda.com/modules/newbb/viewtopic.php?topic_id=31)

Comparison is the start of disease!

Try to do something new and challenge your self everyday.

(Don't bury your talents; use them!)

Life is up's and down's, realise that it does move up and down. Don't feel down; if you are feeling down, things can only get better!

The best way to cheer your self up is by making others happy!

Learn to love your self for who you are and not what others expect you to

God made you special and for a reason!

It is a subtle mix of colors that makes light!