

# 101 Distractions From Depression, Self-harm (and Other Soul-destroyers) By Sophia Gill

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I cut through the cable and took the metal beads off and distressed them even further (as if they hadn t been through enough already!!!).

What kind of dogs do you have? We re always interested in talking to other

3:31 am Hi Kerin, Saw that you will be teaching at Raevn s Nest .

Lisa gatz said, February 6, 2009 at 7:54 am Really cool piece! Reply Sandra Evertson

They are so expensive though so i love that u made it out of polymer great stuff.

## **Books for the blues - national elf service**

self-harm; sleep disorders; substance misuse; Books for the blues. not exactly the experience of most patients in the throes of an episode of depression!

[let's have a bite!: a banquet of beastly rhymes.pdf](#)

## **Foreword to 101 distractions by sophia gill - sane**

Foreword to 101 Distractions by for a piece on self-harm. the premise is that you trade in your old self for a new self, in 101 Distractions,

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### **Books and reviews - sane**

101 Distractions from Depression, Self-harm (and other soul-destroyers) SANE supporter and ardent campaigner Sophia Gill has spent ten years battling depression and

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### **Read a sample of 101 distractions from depression**

I'm curious. Tell me more. Taken from chapter 64, 101 Distractions from Depression, Self-harm (and other Soul-destroyers) by Sophia Gill.

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### **Blog - 101 distractions from depression and self-**

This blog is about anything and everything. From distractions I use to keep depression at bay, to competitions, reviews and my journey through parenthood.

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