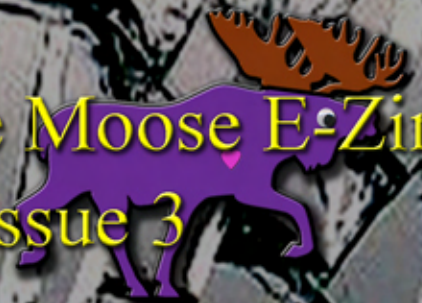


The Purple Moose E-Zine  
Issue 3



# Depression



## Just Beat it!

By: William J. Charlebois



**DEPRESSION  
HURTS**

**BUT WE CAN BEAT IT!**

2014



# Beat it by . . .

Embracing your imperfections.  
They make you human.  
They make you real.  
They make you *you*,  
the one and only you,  
God's gift to the world.





**Ask for help.**

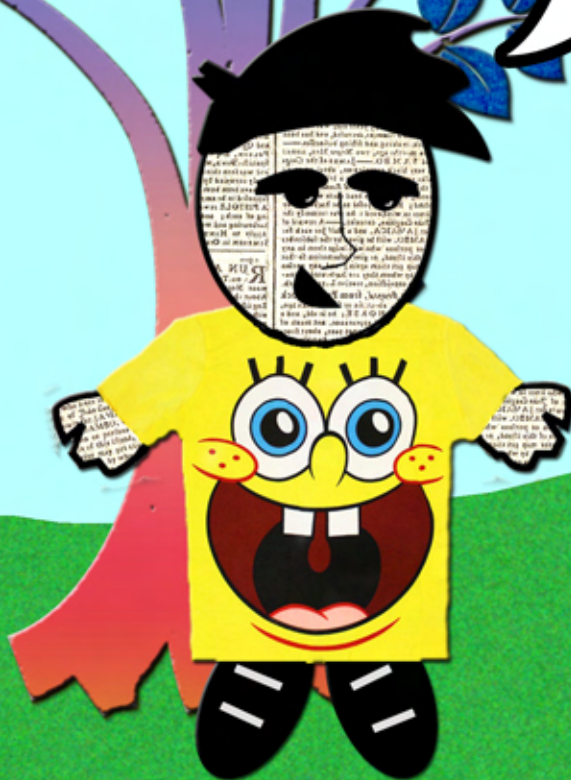
**Do not be afraid,  
for I am with you.  
Do not be anxious,  
for I am your God.  
I will fortify you, yes,  
I will help you,  
I will really hold on to you  
with my right hand  
of righteousness.**

**Isaiah 41:10**

*WJ*

Find something  
to be grateful for  
every day.

I love having  
a crazy friend!



2008



We are part of it.  
Let it fill us with hope!



Take a walk  
through nature.

2008

Sometimes  
it's gonna take  
chocolate!



Wife

create  
art



let your inner child play





*Do something*



*outrageous!*

*2014*

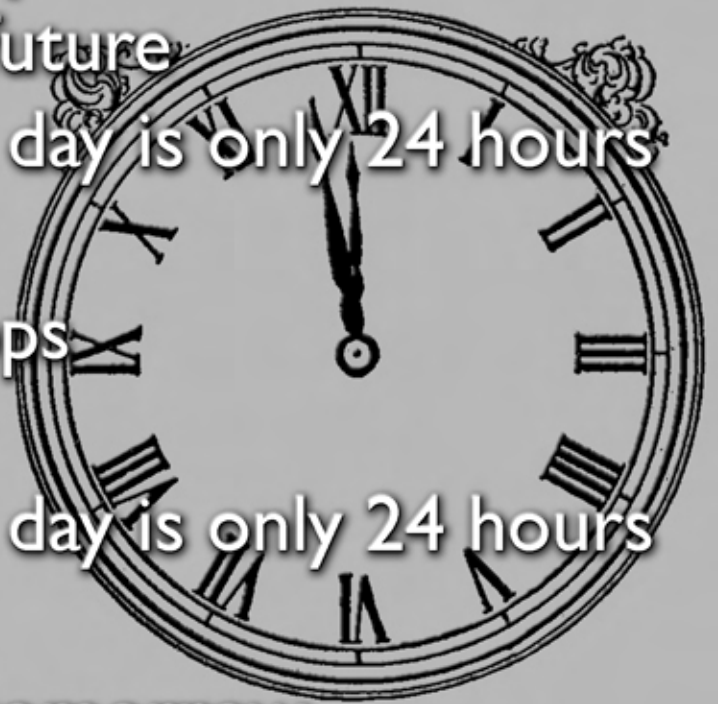


expect the unexpected  
accept the unexpected  
live for today - each day is only 24 hours

we can't change the past  
we don't know the future  
live for today - each day is only 24 hours

dance in the raindrops  
play in the sand  
live for today - each day is only 24 hours

the sun comes out tomorrow  
take your medication today  
we will survive - each day is only 24 hours





[www.purplemooseheartart.com](http://www.purplemooseheartart.com)

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