



## **Scott King: Anxiety & Depression: Climb Out of the Cellar of Your Mind (Hapax)**

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A headlong plunge into the dregs of contemporary human futility, *Anxiety and Depression*--published in JRP|Ringier's Hapax series--describes, with relentless and clerical rigor, how we live now. Author Scott King has packed this almost anthropological survey with case studies in self-hatred, anxiety and despair, as well as exercises in which the reader can measure his or her daily humiliations.

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