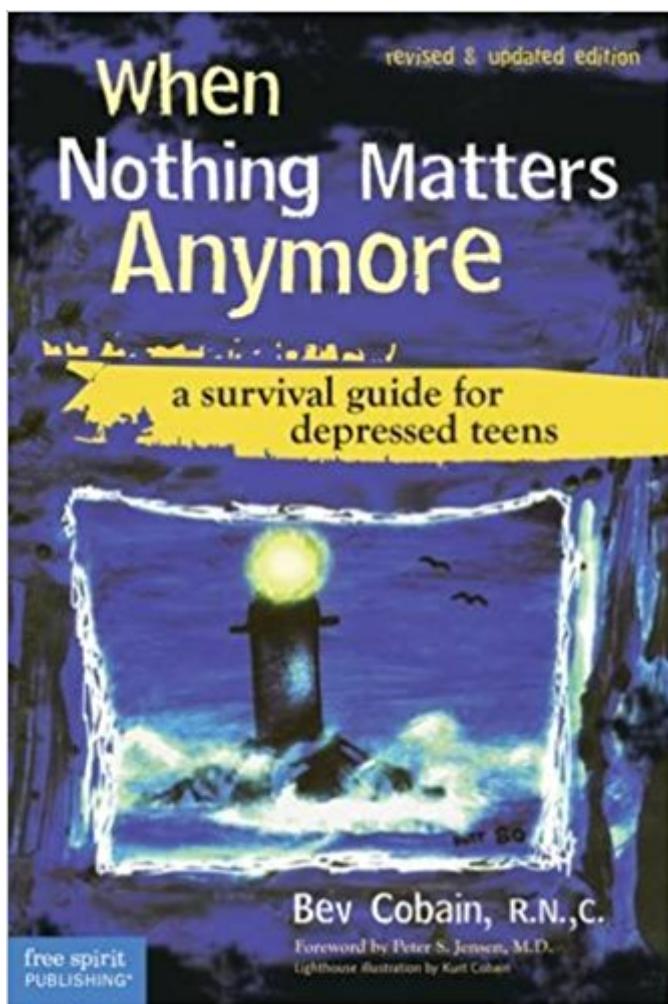


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# When Nothing Matters Anymore: A Survival Guide For Depressed Teens



## **Synopsis**

On April 8, 1994, Kurt Cobain ended his long struggle with depression and chemical dependency by taking his own life. His suicide profoundly affected millions of fans around the world who identified with the music of Kurt and his band, Nirvana. Bev Cobain is Kurt's cousin, and this powerful book is her way of dealing with his death— and reaching out to teens with a life-saving message: You don't have to be sad, discouraged, or depressed. There is help and hope for you. Full of solid information and straight talk, *When Nothing Matters Anymore* defines and explains adolescent depression, reveals how common it is, describes the symptoms, and spreads the good news that depression is treatable. Personal stories, photos, and poetry from teens dealing with depression speak directly to readers' feelings, concerns, and experiences. Teens learn how to recognize depression in themselves and others, understand its effects, and take care of themselves by relaxing, exercising, eating right, and talking things over with people who care. For some teens, self-help isn't enough, so Bev also tells about treatment options, presents the facts about therapy, explains the differences between various types of helping professionals (psychiatrists, clinical psychologists, physicians, counselors, etc.), discusses medications, and more. This book isn't just for teens who have been diagnosed with depression. It's for any teen who feels hopeless, helpless, and alone. Clear, encouraging, and matter-of-fact, it's also recommended for parents, teachers, and counselors who want to know more about teen depression.

## **Book Information**

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## **Customer Reviews**

Grade 7 Up-Cobain, a psychiatric nurse who works with teens, provides facts, clears away

misconceptions, and conveys support and understanding to young adults who are feeling depressed. She discusses warning signs and urges readers to act upon them. The book is arranged in two parts, the first of which gives statistics and covers the causes and types of depression, the dangers of addictions and eating disorders, and the relationship between depression and suicide. There is also information on the effects of depression on the brain. The second section deals with treatment options and offers suggestions for positive mental and physical health. Moving accounts of young people who have considered or attempted suicide lend a note of urgency to the author's message. Cobain's style is passionate, but is at times overwrought. There are many references to her cousin, Kurt Cobain, the lead singer of the group Nirvana, who committed suicide in 1994. The celebrity link should attract attention; however, as the author and her famed cousin didn't know one another, this aspect seems overdone. Thumbnail black-and-white photographs and sketches illustrate the text. Toby Axelrod's *Working Together against Teen Suicide* (Rosen, 1996) deals with teens helping their troubled peers, and Nikki Goldman's *Teen Suicide* (Benchmark, 1995) is less personal in tone. Without question, Cobain has compiled a fount of information, and she is articulate. However, while useful for consultation and reports, the book is wordy and repetitious.

Libby K. White, Jewish Vocational Services, Baltimore, MD  
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“If there is a ‘light’ way to broach the subjects of depression and suicide, Cobain seems to have found it. The cousin of legendary rocker Kurt Cobain who suffered from bipolar disorder and killed himself in 1994, the author presents an easily understood and nonjudgmental discussion of what depression means, the types of depression, and how young people can help themselves or talk with others about it. Cobain has provided a nice pass-along for youth workers who might suspect depression in a young person.”  
•*Youth Today* magazine  
“The most positive book on depression one could read should be available to all teens.”  
•*Voice of Youth Advocates*  
“Its honest, anecdote-filled treatment of the subject (apart from the book’s telling origins) make it a no-brainer buy.”  
•*Youthworker Suicide Prevention\Voices of Education (SA\VE) Reading List Selection*

I bought this to use with some of my adolescents who struggle with depression in therapy sessions. Most of the students feel it reads like a dictionary and is not very engaging.

My daughter read this book while in an acute psychiatric care facility and she really connected with it. I read it at her request and I am very thankful that I did. I will never be able to understand how it feels to be a teen girl with depression. But now I can recognize how she is doing and be that trusted adult and friend that she needs.

Hey there, I've read several books on depression, and this is one of the best I've seen so far. It's real, practical and, best of all, not boring. It reads easily enough that someone of any age can understand and relate, and isn't at all condescending. It gives you good information and makes you think, which I think is good for everybody. I'd pair it with Kate Bornstien's Hello Cruel World: 101 Alternatives to Suicide for Teens, Freaks and Other Outlaws, which has gotten me through some hard times and can make you chuckle no matter what mood you're in.

This book provides an excellent "insider's" view of how it feels to be without hope. There is no worse place to be in life. Teens who have overcome this tragic state share their experiences with a sensitivity and honesty that can be extremely useful to help parents understand what their child is suffering and help teens truly see that they are not alone, that their experience can be understood and dealt with. I recommend this book as a useful tool for anyone who works with teenagers in any capacity.

like it.

Excellent resource for parents and teens. Filled with good information and advice. Written in plain language for the non-medical professional to understand.

Came in perfect condition with super fast shipping. Very helpful and easy for teens to understand. Also has a lot of stories from teens with real life scenarios that make it easy for teens to connect.

An uplifting book for teens and parents on how to treat depression in their teens. Parents should always stay one step ahead on their teens feelings/thoughts/actions.

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