



The Dysthymia Diaries: True stories of living with dysthymia, and finding help and hope

By Robyn Wheeler

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Dysthymic disorder doesn't feel "mild" to those who suffer from it. It is something a person just wants to get rid of and wishes they didn't have. But it is a constant, lifelong condition. However, with counseling, medication, alternative therapies or other types of treatment, one may find a method or methods that help lessen the frequency and intensity of the symptoms. The Dysthymia Diaries includes true stories from those coping with dysthymic disorder and suggestions for putting the pieces of the puzzle together to allow yourself to feel the best you can and cope effectively with dysthymic disorder.

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