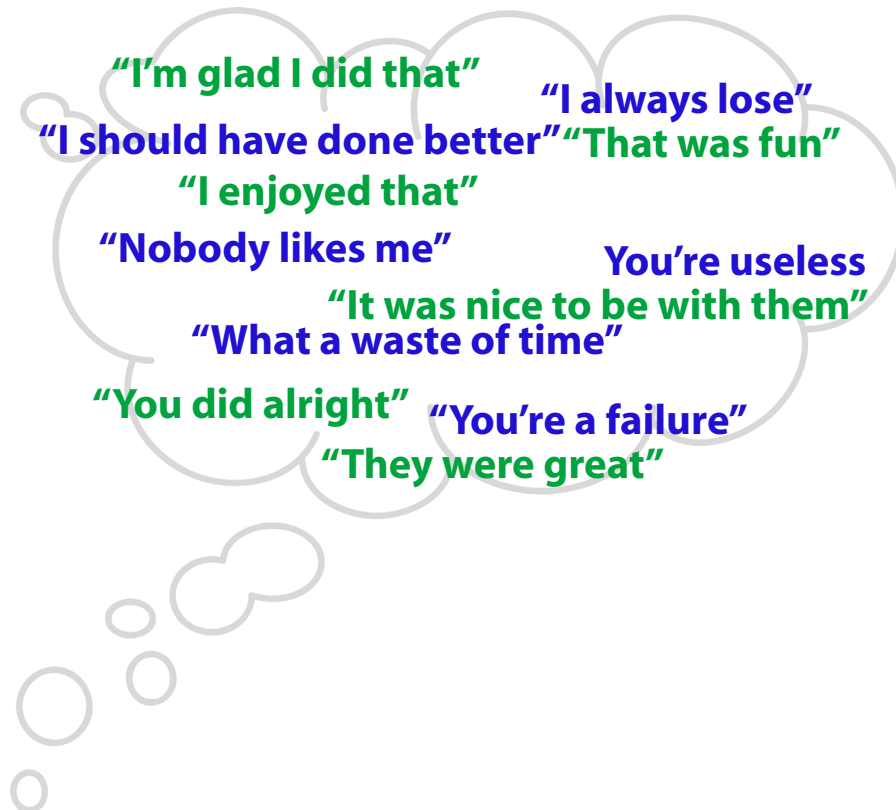


Thoughts and Depression

Whether you're happy or depressed, you have a roughly equal number of positive and negative thoughts



But being depressed is like having negative glasses on - you only pay attention to the negative thoughts

