

26. Struggles with Depression

1. This all started with Agoraphobia which is one of the mental diseases that will come from a long immersion into stress. It basically will interfere with speaking and being somewhere where there are people. One also wants to get away from wherever they are at that time. It is a scary situation. See my blogs!
2. As one reads *My Journey Through a Life of Opportunity*, the immersion in stress was enormous.
3. See my blog at
 - a. [https://elmerverigin.wordpress.com/The Writer's Search for Relief from Depression as a Result of Stress](https://elmerverigin.wordpress.com/The-Writer's-Search-for-Relief-from-Depression-as-a-Result-of-Stress)
 - b. [https://elmerverigin.wordpress.com/For Those Who May Have Suffered From Agoraphobia](https://elmerverigin.wordpress.com/For-Those-Who-May-Have-Suffered-From-Agoraphobia)
 - c. [https://elmerverigin.wordpress.com/An Update on the Writer's Struggle With Depression](https://elmerverigin.wordpress.com/An-Update-on-the-Writer's-Struggle-With-Depression)

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