

Writing Through The Darkness Easing Your Depression With Paper And Pen

Shel Silverstein

on paper, with specific paper for the particular work. He usually would not allow his poems and stories to be published unless he could choose the type

Sheldon Allan Silverstein (; September 25, 1930 – May 10, 1999) was an American writer, cartoonist, songwriter, and musician. Born and raised in Chicago, Illinois, Silverstein briefly attended university before being drafted into the United States Army. During his rise to prominence in the 1950s, his illustrations were published in various newspapers and magazines, including the adult-oriented Playboy. He also wrote a satirical, adult-oriented alphabet book, Uncle Shelby's ABZ Book.

As a children's author, some of his most acclaimed works include The Giving Tree, Where the Sidewalk Ends, and A Light in the Attic. His works have been translated into more than 47 languages and have sold more than 20 million copies. As a songwriter, Silverstein wrote the 1969 Johnny Cash track "A Boy Named Sue...

Kurt Vonnegut

editor. By the end of his first year, he was writing a column titled "Innocents Abroad," which reused jokes from other publications. He later penned a piece

Kurt Vonnegut (VON-ə-gət; November 11, 1922 – April 11, 2007) was an American author known for his satirical and darkly humorous novels. His published work includes fourteen novels, three short-story collections, five plays, and five nonfiction works over fifty-plus years; further works have been published since his death.

Born and raised in Indianapolis, Vonnegut attended Cornell University, but withdrew in January 1943 and enlisted in the U.S. Army. As part of his training, he studied mechanical engineering at the Carnegie Institute of Technology and the University of Tennessee. He was then deployed to Europe to fight in World War II and was captured by the Germans during the Battle of the Bulge. He was interned in Dresden, where he survived the Allied bombing of the city in a meat locker...

Lewis Carroll

January 1898), better known by his pen name Lewis Carroll, was an English author, poet, mathematician, photographer and reluctant Anglican deacon. His most

Charles Lutwidge Dodgson (27 January 1832 – 14 January 1898), better known by his pen name Lewis Carroll, was an English author, poet, mathematician, photographer and reluctant Anglican deacon. His most notable works are Alice's Adventures in Wonderland (1865) and its sequel Through the Looking-Glass (1871). He was noted for his facility with word play, logic, and fantasy. His poems Jabberwocky (1871) and

The Hunting of the Snark (1876) are classified in the genre of literary nonsense. Some of Alice's nonsensical wonderland logic reflects his published work on mathematical logic.

Carroll came from a family of high-church Anglicans, and pursued his clerical training at Christ Church, Oxford, where he lived for most of his life as a scholar, teacher and (necessarily for his academic fellowship...

A Northern Soul

sat down with a guitar, pen, and paper like typical songwriters. This was in contrast to his prior method of standing in front of the rest of the band as

A Northern Soul is the second studio album by English rock band the Verve, released on 3 July 1995 through Hut Records. With the tumultuous promotion for their debut studio album, A Storm in Heaven (1993), combined with their friends in Oasis becoming exceptionally popular, relationships between members of the Verve became strained. After connecting with Oasis producer Owen Morris, the Verve went to a rehearsal space in Wigan to write material for the next album, which they recorded at Loco Studios in Wales. The sessions gained notoriety for the stories that emerged from the time, including Ashcroft going missing for five days and him allegedly totalling a car on the studio's lawn. In the first three weeks, they had finished 15 tracks; after this point, the situation soured as guitarist Nick...

Anna Laetitia Barbauld

from print or from writing", but that she withdrew into "the waters of a deep and long depression". Barbauld confessed that her pen had been lazy in 1813

Anna Laetitia Barbauld (, by herself possibly , as in French, née Aikin; 20 June 1743 – 9 March 1825) was a prominent English poet, essayist, literary critic, editor, and author of children's literature. A prominent member of the Blue Stockings Society and a "woman of letters" who published in multiple genres, Barbauld had a successful writing career that spanned more than half a century.

She was a noted teacher at the Palgrave Academy and an innovative writer of works for children. Her primers provided a model for more than a century. Her essays showed it was possible for a woman to be engaged in the public sphere; other women authors such as Elizabeth Benger emulated her. Barbauld's literary career spanned numerous periods in British literary history: her work promoted the values of the enlightenment...

J. K. Rowling

(/'roʊlɪŋ/ ROH-ling; born 31 July 1965), known by her pen name J. K. Rowling, is a British novelist and author of Harry Potter, a seven-volume series about

Joanne Rowling (ROH-ling; born 31 July 1965), known by her pen name J. K. Rowling, is a British novelist and author of Harry Potter, a seven-volume series about a young wizard. Published from 1997 to 2007, the fantasy novels have sold over 600 million copies, been translated into 84 languages, and spawned a global media franchise including

films and video games. She writes Cormoran Strike, an ongoing crime fiction series, under the alias Robert Galbraith.

Born in Yate, Gloucestershire, Rowling was working as a researcher and bilingual secretary for Amnesty International in 1990 when she conceived the idea for the Harry Potter series. The seven-year period that followed saw the death of her mother, the birth of her first child, divorce from her first husband, and relative poverty until the...

Khalil Fong

under the pen name Rulan (呂珊).Khalil Fong's passion for music was ignited after watching the movie "La Bamba" at a young age. The movie, which tells the story

Khalil Fong Tai-tung (Chinese: 方大同; 14 July 1983 – 21 February 2025) was a Hong Kong singer-songwriter, musician and producer.

Fong was notable for introducing a more sophisticated R&B and soul sound to the Chinese music market, drawing inspiration from artists like Stevie Wonder, Michael Jackson, Musiq Soulchild and Earth, Wind & Fire.

LSD

suffering from alcoholism. LSD has also been studied in depression, anxiety, and drug dependence, with positive preliminary results. Despite these results

Lysergic acid diethylamide, commonly known as LSD (from German Lysergsäure-diethylamid) and by the slang names acid and lucy, is a semisynthetic hallucinogenic drug derived from ergot, known for its powerful psychological effects and serotonergic activity. It was historically used in psychiatry and 1960s counterculture; it is currently legally restricted but experiencing renewed scientific interest and increasing use.

When taken orally, LSD has an onset of action within 0.4 to 1.0 hours (range: 0.1–1.8 hours) and a duration of effect lasting 7 to 12 hours (range: 4–22 hours). It is commonly administered via tabs of blotter paper. LSD is extremely potent, with noticeable effects at doses as low as 20 micrograms and is sometimes taken in much smaller amounts for microdosing. Despite widespread...

Severance (TV series)

Writing for Variety, Alison Herman awarded the second season with a perfect rating, noting: "Season 2 fulfills this sine qua non with deceptive ease.

Severance is an American science fiction psychological thriller television series created by Dan Erickson, and executive produced and primarily directed by Ben Stiller. It stars Adam Scott, Zach Cherry, Britt Lower, Tramell Tillman, Jen Tullock, Dichen Lachman, Michael Chernus, John Turturro, Christopher Walken, and Patricia Arquette, with Sarah Bock joining the main cast in the second season. The series follows employees at the biotechnology corporation Lumon Industries that have undergone "severance"—a medical procedure that ensures they retain no memories of the outside world while at work and have no

recollection of their job once they leave. This results in two distinct personalities for each employee: the "innie", who exists solely within Lumon, and the "outie", who lives their personal...

Jean Giraud

lasting trauma that he explained lay at the heart of his choice of separate pen names. A somewhat sickly and introverted child at first, young Giraud

Jean Henri Gaston Giraud (French: [ʒiʁo]; 8 May 1938 – 10 March 2012) was a French artist, cartoonist, and writer who worked in the Franco-Belgian bandes dessinées (BD) tradition. Giraud garnered worldwide acclaim predominantly under the pseudonym Mœbius (; French: [møbjys]) for his fantasy/science-fiction work, and to a slightly lesser extent as Gir (French: [ʒiʁ]), which he used for the Blueberry series and his other Western-themed work. Esteemed by Federico Fellini, Stan Lee, and Hayao Miyazaki, among others, he has been described as the most influential bande dessinée artist after Hergé.

His most famous body of work as Gir concerns the Blueberry series, created with writer Jean-Michel Charlier, featuring one of the first antiheroes in Western comics, and which is particularly valued in...

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