

# Robin Williams Tragedy Opens Debate About Coping With Depression

Angela Jones September 15, 2014

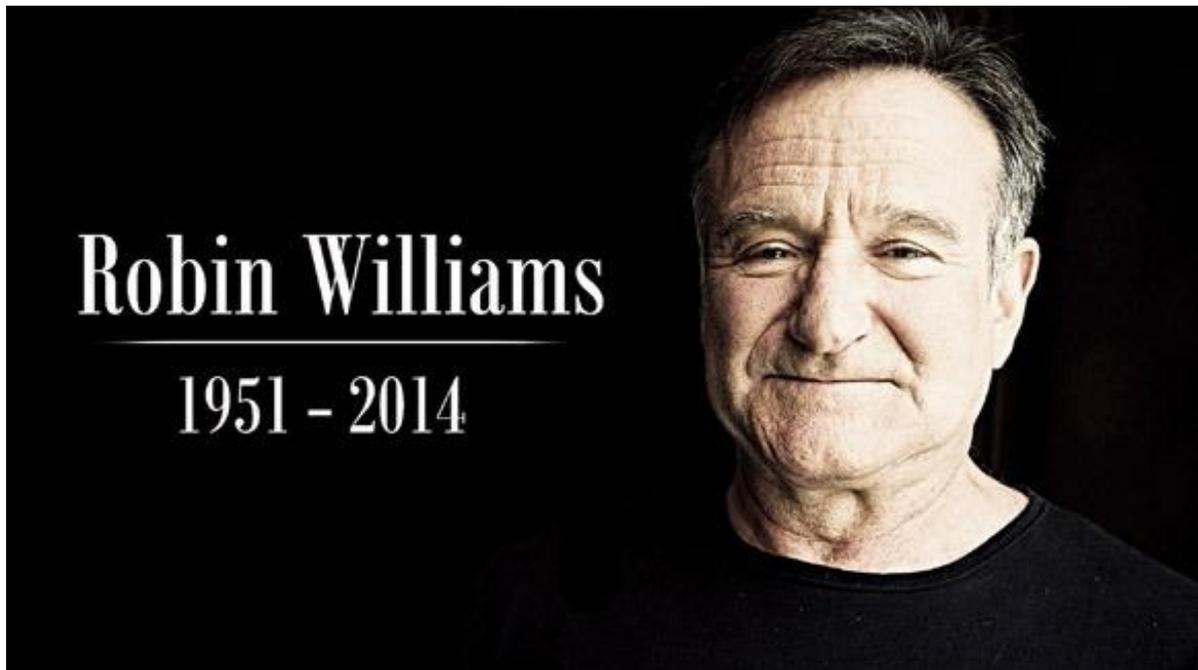


[coping with depression](#)

Depression is back in the limelight once again after the recent death of Comedian Actor Robin Williams, but according to one international speaker there does exist a proven method for coping with depression.

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Robin Williams recently died following an apparent suicide, even though he was of the best comedians and dramatic actors of his time. It's a tough one to work out why somebody who not only made us laugh while acting as Mork, Mrs. Doubtfire, and the Genie but also at a deeper level of living through Dead Poets Society, Good Morning Vietnam, and Goodwill Hunting, would then end up taking their own life.



Another big surprise was how someone like Williams (he had it all) could finally succumb to depression, especially as he had been fighting against it publicly, but it would appear that depression can have a field day in the human mind, whether we like it or not.

In Wikipedia the term "depression" is described as "a state of low mood and aversion to activity that can affect a person's thoughts, behavior, feelings and sense of well-being. Depressed people can feel sad, anxious, empty, hopeless, worried, helpless, worthless, guilty, alone, irritable, hurt, or restless. They may lose interest in activities that were once pleasurable, experience loss of appetite or overeating, have problems concentrating, remembering details or making decisions, and may contemplate, attempt or commit suicide. Insomnia, excessive sleeping, fatigue, aches, pains, digestive problems or reduced energy may also be present."

So the question remains to be asked... if a successful man who lacks nothing material like Robin Williams can't

handle depression, how can Mr Average cope? Well one man who may have the solution is UK International speaker Mr Andy Shaw, who says its just a question of using the power of the mind to banish the darkness of depression.

He continued by saying... "Depression is basically a non acceptance of what is. If you accept what is and you surrender to whatever is coming FULLY without exception. Then it becomes an impossibility to be depressed. Just as darkness cannot exist in the presence of light, depression cannot exist in the presence of awareness and acceptance. Unlike Williams, most successful people know that remaining depressed cannot help them create a future success. So instinctively they let it go without effort."

So I asked him what advice he could give for dealing with depression, and he replied... "To un-create it, you simply become aware and accept that you were, or more likely are, still creating it. With acceptance comes the ultimate power as you can free yourself of your depression for good. Unsuccessful people all suffer with varying levels of depression, ranging from hardly any, to suicide. And before I go on, success is not fame and fortune, success for Mother Teresa was helping sick children. Success for everyone is different, and your success will look different to everyone around you.

He then told me that achieving a success mindset was the best solution to rid depression. "Have you ever seen a depressed young child? Yes you have, because they learned how to create depression thanks to the rules adults have taught them. But have you ever seen a depressed young fox cub, or bear cub, or a depressed kitten?... No you have not, because they are in contact with their natural success mindset. Success to animals is surviving and enjoying now. When you are in tune with the thing you are successful at, or the thing you will become successful at, then it is impossible for depression to exist."

Mr Shaw concluded by saying... "If you are ready to be the controller of your thoughts instead of being controlled by them, then you are ready to go through the full Bug Free Mind process. You can **sign up to check out the first five chapters of Creating A Bug Free Mind** on my official website. But only go and read them if you are ready to take your life to the next level, a level of controlling your mind power. **I promise, just in these five chapters you will learn the fundamental skill of controlling your thoughts.**"

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## **ABug Free Mind**

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