

STRONG **IN YOU**



Fight
depression
within you
and
emerge
victoriously!

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STRONG IN YOU

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CHAPTER 1

WHAT'S UP?

Sweet as our hello could be
Do you just see
Or do you listen to the unheard
The paragraphs hidden in short syllables

AP

“Hey, what’s up?”

“How are you doing?”

“All good?”

It’s simple. For every time we encounter these questions, our replies will always be the same,

“Great!”

Yeah, so, what is the issue, you may ask. Let me get deep down to this matter.

As bitter as the truth can be, you and I are born in a world filled with fake emotions. Wherever we step in, people expect us to smile, showing how happy we are, even though deep inside we may be crying and rotting in our darkest moments. As you may hear it a thousand times, people tend to come closer to those with blinks and sparkles in their lives, rather than giving a shoulder for a person to cry upon. The world is no truer than it was before, and nobody can deny this, nor run from it. Once we are born, we are technically stuck around masked human beings. And to be able to survive, we too should wear that mask and be a masquerade, especially at our lowest clock.

Cramped with the rule of the world, you and I can be associated like a ceramic China. How much ever heat is poured upon us, it is our obligation to stay still and be at our best shape, without showing our cracks to be fancied for long. Or else, we all know where we belong once those cracks are seen – *trash*... A comedian should always laugh wherever he goes, a public figure should be at his best even when he's on his PJs, a beauty pageant contestant should always smile wherever she goes, and an air hostess should never fail to entertain her passengers... A never ending list it would be, and I believe you have seen the outcome today; Depression and suicide.

Emotions may seem invisible, words may seem light, but who knows, those “lie” that you utter, that single word “*great*” can actually trigger a catastrophe at the end? When you hide your feelings, force to smile in front of others, and laugh out loud like no tomorrow, deep within your real emotions are buried till it finds its place in your subconscious. The more you hide, the more it will be buried. By sowing more of those, of course, you'll reap depression at the end. Have you ever felt unhappy suddenly when you're alone? That's it. That's when those seeds have bloomed to a bad flower.

Hey, don't worry, facing depression and hiding your feelings does not make you fake. But remember one thing, emotions need to be pulled out from your body, or else it will eat you alive! At the utmost, you should always record in your mind and heart that having a bad day or a series of bad situations will not spoil your reputation! It's normal! Things may not be as per our expectations, but how you react upon it makes a lot of difference! Crying on your own does not solve anything. Crying in public will make things worst! Crying with the right people and projecting your feelings through the right medium will make you shine, and for that, you need to put off your masks at the right place and time. It's not easy, I know it well, but there is no other way but to do it, or else your cracks will never be healed. Even a *china* will show its cracks when it's pressured too much, and I believe, it's easier to mend a slight crack more than combining those glassed that have broken to pieces, right?



*“The more room you give yourself
to express your true
thoughts and feelings,
the more room there is
for your wisdom to emerge.”*

*Marriane Williamson
America's spiritual leader*

"Reading other people's story who survived harsh life hurdles could generate a strong motivation and gratitude while fighting our own battles. This inspiring book projects you with the steps on fighting depression, supported by medical researches and expert opinions."

Anesya Anggun - Presenter



"Are you experiencing depression in your life now? Do you know someone who is experiencing depression and you want to help him/her? THIS BOOK CAN HELP. Why? Because it's not 'theory', it contains REAL LIFE TESTIMONIES of people who have experienced depression, succeeded to battle depression and is now back on top, enjoying the best opportunities that life can offer. In this book, 4 people have opened their hearts and shared their stories to you. READ IT. IT MAY JUST BE THE INSPIRATION YOU NEED RIGHT NOW."

James Gwee - Indonesia's Favourite Seminar Speaker & Trainer, Author of 10 National Best – Selling books, Host "Smart Business Talk" in Radio Smart FM, Founder DREAM ACHIEVERS Character-Building Training for Teenagers



"Life has 2 sides, good and bad, positive and negative. Things change with time, and our view on it defines our life story as how the author describes. During life tests, humans tend to quit. This is normal, yet not many are able to pass that phase and their character, attitude and thoughts gets affected. These limitations were portrayed inspirationally by the author, showing different life struggles and how they bounced back in life. This book is inspiring, easy to digest and applied in daily lives. May it inspire the readers to fight for their strong lives and serve the best for themselves, family, surroundings and the country as a whole!"

Brigita Manohara - Anchor and Journalist TV One



"Experiences shared from their hearts, a heart touching one for readers. Kirti Sharma has packed each chapter beautifully. Enjoy your life experience!"

Robby Habibi - Motivator kocak No 1 Indonesia, Master Tutor CPM (Certified Professional Motivator)

