

The mind zone

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A few short issues relating to depression



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## The mind zone

When the mind zone goes and confusion takes over bringing you down steeper and steeper downhill

Till the point of no return to the same old tired mind bug

Of being stuck in a rut of mind boggling issues thinking about this & that And where does it get you

No where^ Every one knows that, but it still doesn't stop it from happening

while ^ it suppresses It's self deeper in to the mind to thots that subcontiously take over

^ Sinking you further and further down

To what seems your now stuck in quick sand with no way out.

^

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