

On the cover

Migraines are Real

Understanding migraines, their causes and possible connection to mood disorders.

BY SHERYLANN BARRINGTON

Dealing With a Sexual Affair

Understanding sexual affairs in today's world and how one might deal with such a situation.

BY AMIN KANJI, BA, BSW HONS, MSW AND SAFARBEGIM KANJI, MA MATHEMATICS

Mariel Hemingway

Mariel Hemingway, granddaughter of acclaimed writer, Ernest Hemingway, shares her family's struggles with mental illness and multiple suicides. Fearful of following the same dark family path, Mariel shares how she found good health and happiness as written in her new book, *Healthy Living from the Inside Out*.

BY ROBIN HARVEY

The Salt of the Earth—Enough Already!

An overview of the astonishing amount of salt found in the foods we eat and how we can reduce the unhealthy levels of sodium intake in our diet.

BY KELLY MULCAIR RHN, RNCP

Rise and Shine Sleepyhead

Understanding the sleep deprived brain of our youth.

BY STANLEY KUTCHER, MD, FRCPC; MARTHA CARMICHAEL, BSC; DAVID VENN, BA

Living With OCD in the Workplace

Obsessive Compulsive Disorder is more common than most people realize and is one of the leading causes of disability.

BY KATY KAMKAR, CPSYCH; PETER FARVOLDEN, CPSYCH AND EILEENNA DENISOFF, CPSYCH

One Gene Overriding Another May Foster Depression

An interaction between genes has been detected by scientists that may help prevent brain changes that increase vulnerability to depression.

Your stories

Although she lives with obsessive compulsive disorder and tourette's syndrome, this seventeen year-old is doing amazing things to change the lives of people around her.

BY AMBER DUNFORD

Understanding

Test Your Mood

Ask the Pharmacists

BY MARIA CROFT BSC, PHM AND BARBARA SOMMERVILLE BSC, PHM

Ask Ron Ellis

Ron answers questions submitted by our readers.

BY RON ELLIS

Love Addictions

When desire becomes dependency; what to do.

BY MARTA DURSKI, DMI, RMFT

Group Therapy as Training for Life

The surprising benefits of group therapy at any time in life.

BY ANDREW TIBBITTS, MSW, RSW

Building Your Personal Resiliency Model

How to draw on your strengths to deal with life's challenges, both small and large.

BY SANDY SHINER, DIPCS, PHD

Reading Your Way to a More Positive Mood

The benefits of reading and how it can help your mood.

BY WENDY CAMPBELL

Mindful Recovery from Depression

The need for daily practice to maintain a healthy lifestyle.

BY ZINDEL SEGAL, PHD

Drug Abuse and Users

Understanding drug abuse, drug users and how to cope.

BY NORMAN PANZICA

Recurrent Suicidal Behaviour

Understanding recurrent suicidal behaviour and how to help those struggling with these behaviours.

BY YVONNE BERGMANS

Healthy Living

Living Well Through Exercise and Diet

Exercise and healthy eating can help to positively manage depression, anxiety and improve overall physical health. Tips on how to incorporate new healthy routines and eating habits.

BY CLAUDETTE VILLENA

Oh My Aching Sole

The benefits of orthotics; when, why and how they might help your health.

BY BRUCE FLIGG, DC, MTS

Workplace

Strategies for Workplace Success When Unwell

Strategies to stay employed and successful at work, even during times of mental illness, through experienced eyes.

BY MARY ANN BAYNTON, MSW, RSW

Research

Bipolar Youths, Misreading of Faces May be a Risk Factor

Scientists suggest that the facial emotion recognition impairment in youths with bipolar disorder might be part of an inherited predisposition to the illness.

BY THE NATIONAL INSTITUTE OF MENTAL HEALTH

Peer Talk

Life In a Day

A day in the life of a person with a mood disorder.

BY SEAN HAMPSON

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