



# TIM GRUBER'S Journey Through Depression, Anxiety, and Alcoholism

*Tim P Gruber*

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## **TIM GRUBER'S Journey Through Depression, Anxiety, and Alcoholism** Tim P Gruber

This book was written in a sequential time based formula that outlines my life from the years 2007 to 2014 and is considered an autobiography self- help book. The content in this book was developed through years of experience with depression, anxiety, and alcoholism. My goal is to help others who struggle with any one or more of these conditions. It describes in detail the challenges I had in my life which contributed to my feelings of depression, anxiety, and coming to terms later in my life that I am an alcoholic. A majority of people suffer from any one of these conditions on a daily basis and live a life of quiet suffering generally. Many do not know where to go to get help or know that help is available. This book will give you clear direction on where you can go to get help. It is my hope that as you read this you will find areas that you can relate to and my experiences will sooth any pains you may be carrying. It is a fact that depression, anxiety, and alcoholism all effect relationships, so much of what you will read will be my own personal experience with relationships. Unfortunately you will find that these relationships suffered due to my condition, however in the end there is hope! Hang in there and keep reading because it does have a happy ending.

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