

Why Am I Still Depressed

I Know Why the Caged Bird Sings

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I Know Why the Caged Bird Sings is a 1969 autobiography describing the young and early years of American writer and poet Maya Angelou. The first in a seven-volume series, it is a coming-of-age story that illustrates how strength of character and a love of literature can help overcome racism and trauma. The book begins when three-year-old Maya and her older brother are sent to Stamps, Arkansas, to live with their grandmother and ends when Maya becomes a mother at the age of 16. In the course of Caged Bird, Maya transforms from a victim of racism with an inferiority complex into a self-possessed, dignified young woman capable of responding to prejudice.

Angelou was challenged by her friend, author James Baldwin, and her editor, Robert Loomis, to write an autobiography that was also a piece of literature. Reviewers often categorize Caged Bird as autobiographical fiction because Angelou uses thematic development and other techniques common to fiction, but the prevailing critical view characterizes it as an autobiography, a genre she attempts to critique, change, and expand. The book covers topics common to autobiographies written by black American women in the years following the Civil Rights Movement: a celebration of black motherhood; a critique of racism; the importance of family; and the quest for independence, personal dignity, and self-definition.

Angelou uses her autobiography to explore subjects such as identity, rape, racism, and literacy. She also writes in new ways about women's lives in a male-dominated society. Maya, the younger version of Angelou and the book's central character, has been called "a symbolic character for every black girl growing up in America". Angelou's description of being raped as an eight-year-old child overwhelms the book, although it is presented briefly in the text. Another metaphor, that of a bird struggling to escape its cage, is a central image throughout the work, which consists of "a sequence of lessons about resisting racist oppression". Angelou's treatment of racism provides a thematic unity to the book. Literacy and the power of words help young Maya cope with her bewildering world; books become her refuge as she works through her trauma.

Caged Bird was nominated for a National Book Award in 1970 and remained on The New York Times paperback bestseller list for two years. It has been used in educational settings from high schools to universities, and the book has been celebrated for creating new literary avenues for the American memoir. However, the book's graphic depiction of childhood rape, racism, and sexuality has caused it to be challenged or banned in some schools and libraries.

Gordons (comedian)

August 2022. "I Am Still A Doctor Of Comedy Clinic – Gordons". Channels Television. Retrieved 25 August 2022. vanguard (2 May 2013). "I won't mind becoming

Godwin Komone better known by his stage name Gordons is a Nigerian comedian, musician and actor. He is also the host of the comedy series Comedy Clinic

Mother Love Bone (album)

long and real powerful. I was kinda depressed about leaving Malfunkshun for a long time. Still am, kinda. I feel like, you know, I left them stranded. I've

Mother Love Bone (also known as Stardog Champion) is a compilation album by the American rock band Mother Love Bone. It was released on September 22, 1992, through Stardog/Mercury Records.

Billy Joel

Joel was evicted from Small's house. "I had no place to live. I was sleeping in laundromats and I was depressed, I think to the point of almost being psychotic"

William Martin Joel (; born May 9, 1949) is an American singer, songwriter, and pianist. Nicknamed the "Piano Man" after his signature 1973 song of the same name, Joel has had a successful career as a solo artist since the 1970s. From 1971 to 1993, he released 12 studio albums spanning the genres of pop and rock, and in 2001 released a one-off studio album of classical compositions. With over 160 million records sold worldwide, Joel is one of the world's best-selling music artists and is the fourth-best-selling solo artist in the United States. His 1985 compilation album, Greatest Hits – Volume I & Volume II, is one of the best-selling albums in the United States.

Joel was born in the Bronx in New York City and grew up in Hicksville on Long Island, where he began taking piano lessons at his mother's insistence. After dropping out of high school to pursue a music career, Joel took part in two short-lived bands, the Hassles and Attila, before signing a record deal with Family Productions and embarking on a solo career with his debut album, Cold Spring Harbor (1971). In 1972, Joel caught the attention of Columbia Records after a live radio performance of "Captain Jack" became popular in Philadelphia, prompting him to sign a new record deal with the company, through which he released his second album, Piano Man (1973). After Streetlife Serenade (1974) and Turnstiles (1976), Joel achieved his critical and commercial breakthrough with The Stranger (1977). It became Columbia's best-selling release, selling over 10 million copies and spawning the hit singles "Just the Way You Are", "Movin' Out (Anthony's Song)", "Only the Good Die Young", and "She's Always a Woman", as well as the concert staples "Scenes from an Italian Restaurant" and "Vienna".

Joel's 52nd Street (1978) was his first album to reach No. 1 on the Billboard 200. Glass Houses (1980) was an attempt to further establish himself as a rock artist; it featured "It's Still Rock and Roll to Me" (Joel's first single to top the Billboard Hot 100), "You May Be Right", "Don't Ask Me Why", and "Sometimes a Fantasy". The Nylon Curtain (1982) stemmed from a desire to create more lyrically and melodically ambitious music. An Innocent Man (1983) served as an homage to genres of music that Joel had grown up with in the 1950s, such as rhythm and blues and doo-wop; it featured "Tell Her About It", "Uptown Girl", and "The Longest Time", three of his best-known songs. After River of Dreams (1993), Joel largely retired from producing studio material, although he went on to release Fantasies & Delusions (2001), featuring classical compositions composed by him and performed by British-Korean pianist Richard Hyung-ki Joo. Joel provided voiceover work in 1988 for the Disney animated film Oliver & Company, performing the song "Why Should I Worry?", and contributed to the soundtracks to several films, including Easy Money (1983), Ruthless People (1986), A League of Their Own (1992), and Honeymoon in Vegas (1992). Joel returned to composing new music with the 2024 single "Turn the Lights Back On".

Joel has had a successful touring career, holding live performances across the globe. In 1987, he became one of the first artists to hold a rock tour in the Soviet Union. Joel has had 33 Top 40 hits in the U.S., three of which ("It's Still Rock and Roll to Me", "Tell Her About It", and "We Didn't Start the Fire") topped the Billboard Hot 100. He has been nominated for 23 Grammy Awards, winning six, including Album of the Year for 52nd Street. Joel was inducted into the Songwriters Hall of Fame in 1992, the Rock and Roll Hall of Fame in 1999 and the Long Island Music Hall of Fame in 2006. He received the 2001 Johnny Mercer Award from the Songwriters Hall of Fame and was recognized at the 2013 Kennedy Center Honors.

Brian's Play

and still am not quite sure how I feel. Still, the fact that this series can pull off this trick of being more than just manatee jokes, I suppose I like

"Brian's Play" is the tenth episode of the eleventh season and the 198th overall episode of the animated comedy series Family Guy. It aired on Fox in the United States on January 13, 2013. It was written by Gary Janetti and directed by Joseph Lee. In the episode, Brian writes a play that becomes a hit in Quahog, but loses his confidence when he finds that the play Stewie wrote is better than his. But when Stewie sees how upset Brian is, he decides to make things right.

Weapons (2025 film)

community suspicion of her involvement in the children's disappearance. Depressed and ostracized, she relapses into alcoholism and seeks comfort from her

Weapons is a 2025 American mystery horror film directed, written, produced, and co-scored by Zach Cregger. The film stars Josh Brolin, Julia Garner, Alden Ehrenreich, Austin Abrams, Cary Christopher, Benedict Wong and Amy Madigan. Its plot follows the seemingly inexplicable case of seventeen children from the same classroom who mysteriously run away on the same night at the same time, having been apparently abducted by an unseen force.

Weapons was released in the United States by Warner Bros. Pictures on August 8, 2025. The film received positive reviews and has grossed \$199.4 million worldwide.

List of agnostics

when a deeply depressed friend asked him about his belief: "The whole thing is so much bigger than I am, and I can't understand it, so I just trust myself

Listed here are persons who have identified themselves as theologically agnostic. Also included are individuals who have expressed the view that the veracity of a god's existence is unknown or inherently unknowable.

Pan Am

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Pan American World Airways, originally founded as Pan American Airways and more commonly known as Pan Am, was an airline that was the principal and largest international air carrier and unofficial overseas flag carrier of the United States for much of the 20th century. The first airline to fly worldwide, it pioneered innovations such as jumbo jets and computerized reservation systems, and introduced the first American jetliner in 1958. Until its dissolution on December 4, 1991, Pan Am "epitomized the luxury and glamour of intercontinental travel", and it remains a cultural icon of the 20th century, identified by its blue globe logo ("The Blue Meatball"), the use of the word "Clipper" in its aircraft names and call signs, and the white uniform caps of its pilots.

Founded in 1927 by two U.S. Army Air Corps majors, Pan Am began as a scheduled airmail and passenger service flying between Key West, Florida, and Havana, Cuba. In the 1930s, under the leadership of American entrepreneur Juan Trippe, the airline purchased a fleet of flying boats and focused its route network on Central and South America, gradually adding transatlantic and transpacific destinations. By the mid-20th century, Pan Am enjoyed a near monopoly on international routes. It led the aircraft industry into the Jet Age by acquiring new jetliners such as the Boeing 707 and Boeing 747. Pan Am's modern fleet allowed it to fly larger numbers of passengers, at a longer range, and with fewer stops than rivals. Its primary hub and flagship terminal was the Worldport at John F. Kennedy International Airport in New York City.

During its peak between the late 1950s and early 1970s, Pan Am had an advanced fleet, highly trained staff, and amenities. In 1970, it flew 11 million passengers to 86 countries, with destinations in every continent except Antarctica. In an era dominated by flag carriers that were wholly or majority-owned by governments, Pan Am became the unofficial national carrier of the United States. It was a founding member of the International Air Transport Association (IATA), the global airline industry association.

Beginning in the mid-1970s, Pan Am began facing a series of challenges both internal and external, along with rising competition from the deregulation of the airline industry in 1978. After several attempts at financial restructuring and rebranding throughout the 1980s, Pan Am gradually sold off its assets before declaring bankruptcy in 1991. By the time it ceased operations, the airline's trademark was the second most recognized worldwide, and its loss was felt among travelers and many Americans as signifying the end of the golden age of air travel. Its brand, iconography, and contributions to the industry remain well known in the 21st century. The airline's name and imagery were purchased in 1998 by railroad holding company Guilford Transportation Industries, which changed its name to Pan Am Systems and adopted Pan Am's logo.

Major depressive disorder

Older depressed people may have cognitive symptoms of recent onset, such as forgetfulness, and a more noticeable slowing of movements. Depressed children

Major depressive disorder (MDD), also known as clinical depression, is a mental disorder characterized by at least two weeks of pervasive low mood, low self-esteem, and loss of interest or pleasure in normally enjoyable activities. Introduced by a group of US clinicians in the mid-1970s, the term was adopted by the American Psychiatric Association for this symptom cluster under mood disorders in the 1980 version of the Diagnostic and Statistical Manual of Mental Disorders (DSM-III), and has become widely used since. The disorder causes the second-most years lived with disability, after lower back pain.

The diagnosis of major depressive disorder is based on the person's reported experiences, behavior reported by family or friends, and a mental status examination. There is no laboratory test for the disorder, but testing may be done to rule out physical conditions that can cause similar symptoms. The most common time of onset is in a person's 20s, with females affected about three times as often as males. The course of the disorder varies widely, from one episode lasting months to a lifelong disorder with recurrent major depressive episodes.

Those with major depressive disorder are typically treated with psychotherapy and antidepressant medication. While a mainstay of treatment, the clinical efficacy of antidepressants is controversial. Hospitalization (which may be involuntary) may be necessary in cases with associated self-neglect or a significant risk of harm to self or others. Electroconvulsive therapy (ECT) may be considered if other measures are not effective.

Major depressive disorder is believed to be caused by a combination of genetic, environmental, and psychological factors, with about 40% of the risk being genetic. Risk factors include a family history of the condition, major life changes, childhood traumas, environmental lead exposure, certain medications, chronic health problems, and substance use disorders. It can negatively affect a person's personal life, work life, or education, and cause issues with a person's sleeping habits, eating habits, and general health.

E-Prime

second group continued to use "I am," "You are," "They are" statements as usual. For example, instead of saying, "I am depressed," a student was asked to eliminate

E-Prime (short for English-Prime or English Prime, sometimes É or E?) denotes a restricted form of English in which authors avoid all forms of the verb to be.

E-Prime excludes forms such as be, being, been, present tense forms (am, is, are), past tense forms (was, were) along with their negative contractions (isn't, aren't, wasn't, weren't), and nonstandard contractions such as ain't and 'twas. E-Prime also excludes contractions such as I'm, we're, you're, he's, she's, it's, they're, there's, here's, where's, when's, why's, how's, who's, what's, and that's.

Some scholars claim that E-Prime can clarify thinking and strengthen writing, while others doubt its utility.

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