

Winter Blues



Winter Blues is not a story of a love beginning, but a love surviving. Its a story of imperfections and frustrations. A story thats rarely told but often lived. A sometimes unpretty story, but then real stories normally are... Away from all that they know, all that brought them together, Darlene and Reid find the only troubles their marriage has ever faced in their new home of Chicago. They find a test of loyalties, of strength, of love, when all that they expected to find was their happy ever after. Where Reid finds their new life a breeze, Darlene finds it a storm. Reid powers ahead in his new publishing job, revelling in his success while he fails at home. Darlene is jobless, friendless, and increasingly Reid-less; trapped in a perpetual winter when all she craves is the warmth shes grown accustomed to. She finds comfort in music that has been such a huge part of her life, eventually performing at a local bar and striking up a friendship with its owner. That friendship threatens to expand into something more when everything Darlene is lacking in their marriage is offered to her in the form of the irresistible Blue. Will she deny the consequences and accept him? Or will Reid fight the odds and find a way to recharge their relationship? Happy ever afters are for fairy tales...

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6 science-backed tips to beat the winter blues - Jan 15, 2016 If youre suffering the winter blues, there are simple lifestyle tweaks that can help you feel cozier and happier. **Beat the Winter Blues - NIH News in Health, January 2013**
10 Food Tips to Help Ease the Winter Blues. Written by Brian Krans and Rena Goldman Medically Reviewed on March

4, 2015 by George Krucik, MD, MBA. **8 Scientifically-Backed Ways to Beat the Winter Blues Real Simple** You are here: Home / Winter Blues Fest She and her band effortlessly blend classic roadhouse rhythm & blues, jump swing, Memphis groove, sultry jazz and **Images for Winter Blues** Jan 24, 2017 SAD is triggered by the reduced number of daylight hours during the winter months, although other factors, such as cold temperatures and **Winter Blues Fest - Cincy Blues Society** Jan 23, 2017 Sarah Hutto jokes about strategies to help you overcome seasonal affective disorder, also known as the winter blues. **Winter Blues Fest Archives - Central Iowa Blues Society** Winter Blues, Fourth Edition: Everything You Need to Know to Beat Seasonal Affective Disorder: 9781609181857: Medicine & Health Science Books **13 Simple Tips And Tricks For Beating The Winter Blues - BuzzFeed** Have your bedroom lights turn on a half hour before youre supposed to wake up. One of the symptoms of winter blues is increased difficulty getting up in the **How to Fight Winter Blues (with Examples) - wikiHow** Dont brush off that yearly feeling as simply a case of the winter blues or a seasonal funk that you have to tough out on your own. Take steps to keep your mood **10 Cool Ways to Embrace Winter SparkPeople** Seasonal affective disorder (SAD), also called winter depression, winter blues, summer depression, and seasonal depression, is a mood disorder subset in **Winter Blues - Norman Rosenthal, MD** Winter isnt a wonderland for everyone. Every year, millions of us feel our energy levels ebb and spirits fall as the days grow shorter. The condition is called **10 Food Tips to Help Ease the Winter Blues - Healthline** 21st WBF Expands to Two Nights Friday Hall of Fame Night The lineup is set for the 2015 Winter Blues Fest on Friday, January 30th and Saturday, January **15 Ways to Beat the Winter Blues Happily Imperfect** What do the winter blues and SAD feel like? Significant, lasting, downturn of mood Apathy loss of feelings Irritability Less energy Fatigue Boredom **Winter Blues, Fourth Edition: Everything You Need to** - While hibernation is an essential part of some animals survival strategy, you can stave off the feelings of the winter blues and keep your spirits high by taking **Helpful Tips for Beating the Winter Blues - The New Yorker** Winter Blues: Everything You Need to Know to Beat Seasonal Affective Disorder, By Norman E. Rosenthal M.D.. **Winter Blues: Seasonal Affective Disorder: What It Is and How to** Winter Blues: Seasonal Affective Disorder: What It Is and How to Overcome It: 9781572303959: Medicine & Health Science Books @ . **Winter Blues / Seasonal Affective Disorder - Villanova University** Dec 28, 2016 Perhaps, says Sylvia Boorstein, these days of less sunlight are opportunities for more contemplative time, more looking deeply to see what **Seasonal affective disorder - Wikipedia** Winter is in full force. As the days get shorter and the nights get colder, even the best of us can get a little down. The winter blues are characterized by the mild **10 Ways to Fight Off the Winter Blues - Everyday Health** Winter isnt a wonderland for everyone. Every year, millions of us feel our energy levels ebb and spirits fall as the days grow shorter. The condition is called **Seasonal affective disorder (SAD) - Mayo Clinic** Lots of people get depressed in winter, or suffer from the winter blues. The medical name for this winter depression is seasonal affective disorder (SAD). **2017 Winter Blues Fest - Central Iowa Blues Society** Dec 13, 2013 13 Simple Tips And Tricks For Beating The Winter Blues. Seasonal affective disorder is snow joke! (Sorry.) Here are some ways to boost your **Winter Blues, Revised Edition: Everything You Need** - Dec 10, 2015 The lack of sunlight and colder temperatures make many people vulnerable to the winter blues. Here are some tips to stay emotionally resilient **Winter Blues -- Sylvia Boorstein Lions Roar** Celebrating 6 Years of Music. Another great year to celebrate at the. Winter Blues Music Festival! 6 bands, also a special performance with the. Youth Music **Fargo Winter Blues Festival - Fargo Blues Fest - Homestead** Jan 9, 2017 Do you have a case of the winter blues or seasonal affective disorder? January is the most depressing month. These behavioral strategies can **Do you have the winter blues? - Stress, anxiety and depression** NIH-funded researchers have been studying the winter blues and a more severe type of depression called seasonal affective disorder (SAD) for more than 3 **Winter Blues Festival 8 Scientifically-Backed Ways to Beat the Winter Blues**. When your mood is falling as fast as the thermometer, these small lifestyle changes may help boost your **Seasonal Depression: Beating Winter Sadness and Moodiness** Editorial Reviews. Review. SAD sufferers worldwide owe Dr. Rosenthal a huge debt of See also Dr. Rosenthals Winter Blues Survival Guide, a step-by-step **How to Fight Winter Blues - Huffington Post** Feb 11, 2017 Annual Winter Blues Festival held February indoors.