

persuasive speech about depression

persuasive speech about depression is a crucial topic that addresses one of the most prevalent mental health challenges faced by millions worldwide. In this comprehensive article, we explore how a persuasive speech about depression can raise awareness, break stigmas, and inspire action towards better mental health support. You will discover the essential elements for crafting an impactful speech, learn strategies to engage audiences, and understand the importance of empathy and factual information. We will also examine some proven techniques for structuring your speech, using emotional appeal, and presenting data effectively. Whether you are a student, educator, or advocate, this guide will equip you with the knowledge and tools needed to write and deliver a persuasive speech about depression with confidence and authority. Read on to unlock vital insights that will help you communicate the seriousness of depression and empower positive change in your community.

- Understanding Depression: The Importance of Awareness
- Key Components of a Persuasive Speech About Depression
- Crafting an Effective Introduction
- Using Emotional and Logical Appeals
- Incorporating Facts, Statistics, and Real-Life Stories
- Addressing Stigma and Promoting Empathy
- Strategies for Engaging Your Audience
- Conclusion: Inspiring Action and Hope

Understanding Depression: The Importance of Awareness

Depression is a complex mental health disorder characterized by persistent sadness, loss of interest, and a range of physical and emotional symptoms. It affects people of all ages, backgrounds, and walks of life. Raising awareness through a persuasive speech about depression is essential for fostering understanding, reducing misconceptions, and encouraging those affected to seek help. By educating audiences on the true nature of depression, speakers can help dismantle harmful stereotypes and promote a culture of acceptance and support.

Prevalence and Impact of Depression

According to global health organizations, depression is one of the leading causes of disability worldwide. Millions suffer from its effects, often silently. The impact extends beyond the individual, affecting families, workplaces, and communities. Highlighting these facts in a persuasive speech about depression can help listeners grasp the seriousness of the condition and the urgent need for accessible mental health resources.

Misconceptions and Stigma

Many people misunderstand depression, believing it is a sign of weakness or something one can simply “snap out of.” These misconceptions fuel stigma and prevent individuals from seeking help. An effective persuasive speech about depression should address these myths directly, providing factual information and compassionate perspectives that challenge prejudices and foster empathy.

Key Components of a Persuasive Speech About Depression

A persuasive speech about depression must be well-structured and carefully crafted to maximize its impact. The following components are essential for creating a speech that is both informative and motivating.

- **Clear Purpose:** Define the main objective of your speech—whether it’s to inform, advocate for policy changes, or encourage compassion.
- **Credible Evidence:** Use reputable sources, studies, and statistics to support your arguments.
- **Emotional Connection:** Appeal to the audience’s feelings through stories and empathetic language.
- **Call to Action:** End with actionable steps or inspiring messages that encourage positive change.

Organizational Structure

A logical structure helps the audience follow your message. Common formats include the problem-solution approach, chronological order, or cause-effect analysis. Whichever structure you choose, ensure smooth transitions between points and reinforce key ideas throughout the speech.

Crafting an Effective Introduction

The introduction sets the tone for your persuasive speech about depression and determines whether your audience will remain engaged. Begin with a powerful opening statement or a relatable story that immediately captures attention. Clearly define what depression is and why the issue matters to everyone, not just those directly affected. State your thesis or main argument early to guide the audience through your speech's objectives.

Techniques for an Engaging Opening

- Share a compelling statistic about depression's prevalence.
- Use a rhetorical question to provoke thought.
- Tell a brief story of someone's experience with depression.
- Present a quote from a mental health expert or advocate.

Using Emotional and Logical Appeals

A successful persuasive speech about depression balances emotional appeal (pathos) with logical reasoning (logos). Emotional stories can humanize the issue and make it relatable, while logical arguments provide the necessary facts and evidence to support your claims.

Examples of Emotional Appeal

Describe the daily struggles faced by individuals living with depression. Use vivid language to evoke empathy and understanding, but avoid sensationalism or exaggeration. Real-life testimonials can be particularly effective in moving audiences.

Examples of Logical Appeal

Present statistics from credible sources, such as the World Health Organization or national mental health agencies. Explain the biological, psychological, and social factors contributing to depression. Logical appeals reassure the audience that your speech is grounded in fact and research.

Incorporating Facts, Statistics, and Real-Life Stories

Facts and statistics lend authority to your persuasive speech about depression, while personal stories add a human touch. Combining both creates a balanced and compelling argument.

Reliable Sources for Data

- Mental health organizations (e.g., WHO, CDC)
- Peer-reviewed journals
- Government health statistics
- Testimonies from mental health professionals

How to Use Real-Life Stories

Select stories that illustrate the diverse experiences of people with depression. These can be anonymized to protect privacy but should be authentic and relatable. Use them to highlight challenges, recovery journeys, and the importance of support systems.

Addressing Stigma and Promoting Empathy

Stigma remains one of the greatest barriers to effective depression treatment and support. A persuasive speech about depression should confront stigma directly, emphasizing that depression is a legitimate medical condition, not a personal failing.

Strategies for Reducing Stigma

- Educate the audience about the biological and psychological causes of depression.
- Share stories of recovery to demonstrate that help is possible.
- Encourage open conversations about mental health in schools, workplaces, and communities.

Fostering Empathy

Empathy is key to changing attitudes. Describe the emotional toll depression takes, not just on those suffering but on their loved ones as well. Use inclusive language that avoids blame and encourages understanding.

Strategies for Engaging Your Audience

Audience engagement is critical in a persuasive speech about depression. The more involved your listeners feel, the more likely they are to absorb your message and take action.

Interactive Techniques

- Ask the audience to reflect on their own experiences or those of people they know.
- Include moments for audience participation, such as questions or brief discussions.
- Use visual aids, such as slides or infographics, to reinforce key points.

Maintaining Attention

Vary your tone and pace throughout the speech. Use pauses to emphasize critical ideas. Address the audience directly to create a sense of connection and urgency.

Conclusion: Inspiring Action and Hope

A persuasive speech about depression should empower listeners to recognize the seriousness of the issue and motivate them to take meaningful action. This could mean supporting mental health initiatives, advocating for policy changes, or simply offering compassion to those in need. By combining factual evidence, emotional storytelling, and a strong call to action, your speech can make a lasting impact on individuals and society.

Remember, depression is a challenge that can be faced with understanding, support, and determination. A well-crafted persuasive speech about depression not only educates—it inspires hope and change.

Q: What is the main purpose of a persuasive speech about depression?

A: The main purpose is to raise awareness, educate the audience about the seriousness of depression, challenge stigmas, and inspire positive actions or changes regarding mental health support.

Q: How can I make my persuasive speech about depression more impactful?

A: Use a combination of credible facts, emotional stories, logical arguments, and a strong call to action. Engage your audience with interactive techniques and address both the challenges and solutions related to depression.

Q: Why is it important to address stigma in a persuasive speech about depression?

A: Addressing stigma is vital because it prevents people from seeking help and perpetuates harmful misconceptions. Reducing stigma encourages open conversations and leads to more supportive environments for those affected.

Q: What are effective ways to start a persuasive speech about depression?

A: Begin with a compelling statistic, a personal story, a rhetorical question, or a powerful quote. This captures attention and sets the tone for the rest of your speech.

Q: Which facts and statistics are most persuasive when discussing depression?

A: Use data from reputable sources such as the World Health Organization, CDC, or peer-reviewed journals. Focus on prevalence, impact, treatment outcomes, and recovery rates to support your arguments.

Q: How can emotional appeal be used responsibly in a persuasive speech about depression?

A: Share authentic stories and experiences without exaggeration or sensationalism. Use empathetic language, and always prioritize respect and dignity for those affected by depression.

Q: What role do real-life stories play in a persuasive speech about depression?

A: Real-life stories humanize the issue, making it relatable and memorable. They help audiences understand the personal impact of depression and the importance of support and compassion.

Q: How can I encourage my audience to take action after my speech?

A: End your speech with clear, actionable steps—such as supporting mental health initiatives, advocating for policy change, or offering support to those in need. Inspire hope and emphasize that everyone can make a difference.

Q: What are common misconceptions about depression that should be addressed?

A: Common misconceptions include the belief that depression is a sign of weakness, that it can be overcome by willpower alone, or that it only affects certain people. Addressing these myths helps foster understanding and empathy.

Q: How can I maintain my audience's attention during a persuasive speech about depression?

A: Use varied tone and pacing, incorporate audience participation, present visual aids, and share compelling stories. Engage your audience throughout the speech to keep them interested and invested in your message.

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A Persuasive Speech About Depression: Understanding,

Reaching Out, and Healing

Depression. A word that casts a long shadow, often whispered in hushed tones or avoided altogether. But silence only fuels the darkness. This post provides a comprehensive guide to crafting a powerful and persuasive speech about depression, equipping you with the tools to raise awareness, break down stigma, and encourage help-seeking behavior. We'll delve into structuring your speech, incorporating compelling narratives, and addressing common misconceptions surrounding this prevalent mental health condition. You'll learn how to effectively connect with your audience and leave a lasting impact, fostering empathy and understanding.

Understanding the Landscape: Defining Depression for Your Audience

Before crafting your persuasive speech, it's crucial to understand the complexities of depression itself. This section isn't about delivering a clinical diagnosis; it's about relatable communication.

Defining Depression Simply and Accurately:

Avoid medical jargon. Explain depression as a persistent feeling of sadness, hopelessness, and loss of interest in things once enjoyed. Emphasize that it's more than just "feeling down;" it's a serious illness impacting thoughts, feelings, and behaviors.

Highlighting the Prevalence and Impact:

Use statistics to illustrate the widespread nature of depression. Highlight its impact on individuals, families, and society as a whole – lost productivity, strained relationships, and increased healthcare costs. This paints a picture of the significant problem requiring collective action.

Dispelling Common Myths and Misconceptions:

Address common misconceptions, such as:

"It's just a phase": Explain that untreated depression can be chronic and debilitating.

"People with depression are weak": Emphasize that depression is an illness, not a character flaw.

"You can just snap out of it": Highlight the need for professional help and support.

Crafting a Compelling Narrative: Stories That Resonate

A persuasive speech needs more than statistics; it needs human connection. Integrating powerful narratives is key to making your speech memorable and impactful.

Sharing Personal Stories (with Permission):

If appropriate and with the individual's explicit consent, sharing a personal story (yours or someone you know with their permission) can create a powerful emotional connection with the audience. Focus on resilience and recovery. Anonymity should always be prioritized.

Using Anonymous Case Studies:

Illustrate common experiences without compromising privacy. Create hypothetical but relatable scenarios that depict the struggles and triumphs of individuals dealing with depression.

Focusing on the Positive: Hope and Recovery

While acknowledging the challenges, ensure your speech emphasizes hope and the possibility of recovery. Showcase success stories and highlight the effectiveness of treatment options.

Structuring Your Speech for Maximum Impact

A well-structured speech is crucial for maintaining audience engagement.

A Captivating Introduction:

Start with a powerful hook – a startling statistic, a poignant quote, or a relatable anecdote. Clearly state your purpose: to raise awareness and encourage help-seeking.

Body Paragraphs: Supporting Arguments:

Each point should build upon the previous one, creating a logical flow. Use evidence – statistics, research findings, and personal stories – to support your claims.

Addressing Counterarguments:

Acknowledge opposing viewpoints and address potential objections. This demonstrates fairness and strengthens your argument. For example, address concerns about the cost or stigma of seeking help.

A Powerful Conclusion:

Summarize your main points and leave the audience with a call to action. Encourage them to seek help for themselves or others, spread awareness, and challenge the stigma surrounding depression.

Call to Action: Inspiring Change

Your persuasive speech should end with a clear and concise call to action. This could include:

Encouraging help-seeking: Provide resources such as helplines, websites, and mental health organizations.

Promoting open conversations: Encourage audience members to talk about their experiences and support those struggling with depression.

Advocating for policy changes: Advocate for increased access to mental healthcare and reduced stigma.

Conclusion

Crafting a persuasive speech about depression requires empathy, understanding, and a commitment to breaking down stigma. By combining compelling narratives, accurate information, and a well-structured presentation, you can create a powerful message that resonates with your audience and inspires meaningful change. Remember, your words have the power to save lives.

FAQs

Q1: How can I handle audience skepticism about the effectiveness of mental health treatments?

A1: Address skepticism directly by presenting evidence-based research on the effectiveness of various treatments, such as therapy and medication. Share success stories and highlight the importance of a personalized approach.

Q2: What if someone in the audience shares their own experience of depression during a Q&A?

A2: Listen empathetically and validate their feelings. Offer resources and emphasize the importance of seeking professional help. Avoid giving unsolicited advice.

Q3: How can I ensure my speech is inclusive and sensitive to diverse experiences of depression?

A3: Avoid generalizations. Acknowledge that depression manifests differently in different individuals and across various cultural backgrounds. Use inclusive language and be mindful of potential biases.

Q4: Is it ethical to use personal stories in a persuasive speech about depression without explicit consent?

A4: Absolutely not. Always obtain informed consent from anyone whose personal story you share. Anonymity and respect for their privacy are paramount.

Q5: What are some resources I can include in my speech to direct people seeking help?

A5: Include a list of reputable mental health organizations, helplines, and online resources specific to your region. Consider including QR codes for easy access to these resources.

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therapy, from “redwood forest baths” to bibliotherapy, she explored both traditional and unconventional methods of recovery—in-between harrowing psychiatric hospitalizations. Harwood reveals how she ultimately achieved a stable mood. She discovered that despite having a chronic mood disorder, a new, richer life is possible. *Birth of a New Brain* is the chronicle of one mother’s perseverance, offering hope and grounded advice for those battling mental illness.

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arguing. Part V examines the evolutionary and developmental roots of persuasive language, and Part VI highlights new computational methods of language analysis. This handbook is essential reading for those researching and studying persuasive language in the fields of linguistics, rhetoric, argumentation, communication, discourse studies, political science, psychology, digital studies, mass media, and journalism.

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has been focused on only a few European standard languages with a rich literary tradition and a high degree of written norm. It was on the basis of these data that the theoretical framework and methodological approaches were developed. The volume shifts this focus by centering the investigation on new data, including data from lesser-used languages and dialects, extra-european languages, linguistic varieties mostly used in spoken domains as well as at previous historical stages of language development. Their inclusion challenges the existing postulates at both a theoretical and methodological level. Areas of interest include the following questions: What is formulaic in these types of languages, varieties and dialects? Are the criteria developed within the framework of phraseological research applicable to new data? Can any specific types of formulaic patterns and/or any specific features of regular (already known) types of formulaic patterns be observed and how do they emerge? What methodological difficulties need to be overcome when dealing with new data?

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persuasive speech about depression: Messages Matthew McKay, Martha Davis, Patrick Fanning, 2018-08-01 Many people assume that good communicators possess an intrinsic talent for speaking and listening to others, a gift that can't be learned or improved. The reality is that communication skills are developed with deliberate effort and practice, and learning to understand others and communicate your ideas more clearly will improve every facet of your life. Messages has already helped thousands of people build communication skills and cultivate better relationships with friends, family members, coworkers, and partners. With this fully revised and updated fourth edition, you'll discover new skills to help you communicate your ideas more effectively and become a better listener. Learn how to: Read body language Develop skills for couples communication Negotiate and resolve conflicts Communicate with family members Handle group interactions Talk to children Master public speaking Prepare for job interviews This new edition features a much-needed chapter on digital communication. Effective communication can easily be compromised when you're not able to read your conversation partner's body language, facial expression, or vocal tone. This chapter teaches you how to express yourself well via phone, email, texting, and video—all the skills you need to thrive in the digital age.

persuasive speech about depression: An Introduction to Statistics Kieth A. Carlson, Jennifer R. Winquist, 2021-01-10 This updated and reorganized Third Edition of this textbook takes a workbook-style approach that encourages an active approach to learning statistics. Carefully placed reading questions throughout each chapter allow students to apply their knowledge right away, while in-depth activities based on current behavioral science scenarios, each with problem sets and quiz questions, give students the opportunity to assess their understanding of concepts while reading detailed explanations of more complex statistical concepts. Additional practice problems further solidify student learning. Most activities are self-correcting, so if a concept is misunderstood, this misunderstanding is corrected early in the learning process. After working through each chapter, students are far more likely to understand the material than when they only read the material.

persuasive speech about depression: Who's the Toughest Dude That's Ever Lived? Gary Mohler, 2024-03-26 Discover what it means to be truly tough. Who's the Toughest Dude That's Ever Lived? is a book written by a man for men. It is the result of the author's search for the toughest dude that has ever set foot on planet Earth and the shocking conclusion of that quest. The author recounts the incredible tales of nineteen remarkable and resilient men. Through their stories, readers can be inspired and challenged to examine their own lives and redefine their own notion of toughness. Toughness is a topic with which every adult male has grappled, whether in reality or imagination. Every man has a toughness story. It is not always voiced, but it is there. Toughness strikes at the core of who men are, who they are not, or fear they are not. Join the author's mission to find the ultimate toughest person to have ever existed and find out what the exploration yields!

persuasive speech about depression: Psychological Healing Paul C. Larson, 2017-05-17 This book is intended as a text in the history and philosophy of professional psychology. It takes a broad view of psychological healing and traces the history of this endeavor from prehistoric times down to the present. The story should be useful not only to graduate students in professional psychology, but to others in the psycho-social or behavioral health fields. It emphasizes the importance of multicultural and diversity issues by covering a wide swath of relevant world history to help students understand the cultural matrix that is behind the many people we serve. America is a nation of immigrants and they bring with them the legacy of their varied backgrounds. A major metaphor is the stream of transmission. We practice based on what our teachers knew, we improve

upon them, and in turn, pass them on to our students. This extended lineage of psychological healing can be summed in four archetypal roles: the shaman and priest, the physician, the teacher, and the scientist. Modern professional psychology incorporates all of those, and this book seeks to tell that story.

persuasive speech about depression: *Mindfulness for Teen Anxiety* Christopher Willard, 2021-07-01 Now fully revised and updated, including new and fun activities for dealing with school anxiety, social media overwhelm, bullying, and more. Being a teen is hard enough without anxiety getting in the way. Not only are you changing more than ever before—physically and mentally—you're also facing an increasing number of global issues, such as pandemics, school violence, and climate change. On top of all these big events, if you suffer from panic attacks, chronic worry, and feelings of isolation, it can be very difficult to meet your goals and succeed. The good news is there are real, powerful ways that you can take control of your anxiety—and your life! In this second edition of *Mindfulness for Teen Anxiety*, psychologist and learning specialist Christopher Willard offers teens like you proven-effective, mindfulness-based practices to help you cope with your anxiety, identify common triggers (such as dating, social media, or school performance), learn valuable time-management skills, and feel more calm at home, in school, and with friends. You'll learn doable skills for dealing with specific situations that cause anxiety, such as public speaking, taking tests, meeting new people, and more. You'll also discover special breathing exercises to help you stay calm in moments of panic, and guided visualization exercises to be cool and collected, even in the tensest situations. If you are ready to move past your anxiety, panic, and worry and start being your best, this workbook will be your guide—every step of the way.

persuasive speech about depression: *I'm Speaking* Jessica Doyle-Mekkes, 2023-10-15 From Publishers Weekly: ... Doyle-Mekkes fluidly weaves together practical speaking tips and big-picture advice on how to shore up one's self-esteem. The reticent will find much to mull over in this confidence-boosting manual." *I'm Speaking* is every woman's guide to creating a clear, confident voice that is authentically hers and then using it fearlessly. Full of effective, efficient, brain-science-based ways to make positive changes to your voice, in your head and coming out of your mouth, *I'm Speaking* also teaches the reader how to fearlessly use that voice, personally and professionally: ask for what you want and get what you need, speak up against toxicity, communicate everything better, have the difficult conversations, and cultivate resilience. Imagine a world without the voices of Maya Angelou, Malala Yousafzai, Gloria Steinem, your mother, your best girlfriend, your midwife, your hair stylist. Do you know a woman whose voice isn't essential to her career, her family, the world? Women's voices are essential, and they are powerful. Every woman can harness that power. This is the only book written that gives women the exact tools necessary to solve the common vocal problems they face, and literally reprogram their brains and bodies to be more confident when speaking. Think of how much more centered, how much more confident you would be knowing that you can deliver your message in a voice that makes people want to listen to you. Knowing that, regardless of situation, you can speak clearly and confidently, stay on track (or get back on), relax your body, and even enjoy the moment you've worked so hard for. Your voice is the secret weapon to success you've always had, but never knew how to use, til now.

persuasive speech about depression: *Scribes and Their Remains* Craig A. Evans, Jeremiah J. Johnston, 2019-09-05 *Scribes and Their Remains* begins with an introductory essay by Stanley Porter which addresses the principal theme of the book: the text as artifact. The rest of the volume is then split into two major sections. In the first, five studies appear on the theme of 'Scribes, Letters, and Literacy.' In the first of these Craig A. Evans offers a lengthy piece that argues that the archaeological, artifactual, and historical evidence suggests that New Testament autographs and first copies may well have remained in circulation for one century or more, having the effect of stabilizing the text. Other pieces in the section address literacy, orality and paleography of early Christian papyri. In the second section there are five pieces on 'Writing, Reading, and Abbreviating Christian Scripture.' These range across numerous topics, including an examination of the stauros (cross) as a nomen sacrum.

persuasive speech about depression: A New Kind of Diversity Tim Elmore, 2022-10-25 In *A New Kind of Diversity*, bestselling author Tim Elmore brings his decades of research and leadership experience to bear on what might be the biggest, most dramatic, and most disruptive shift the American workforce has ever seen: the vast diversity of several generations living—and working—together. The past few years have brought an endless cascade of social media movements that left many of us . . . well . . . scratching our heads. Regardless of how we feel about the gaps between us, there is one we cannot avoid. One of the largest gaps remains an “elephant in the room.” We know it's there but we don't know how to talk about it. It's the different generations that find themselves working together. It's a generation gap. There is a new kind of diversity that only eight percent of U.S. companies even recognize: diverse generations on teams. Long laughed off as a cliché and more recently mocked in memes #HowToConfuseMillennials and #OKBoomer hashtags, the generational gap has become an undeniable tension in the global workplace. Sadly, it has fostered: Loneliness in our workplaces. Poor communication on our teams. Reduction in revenue and team morale. Conflicting values and priorities in the office. Divisions that lead to “walls” instead of “bridges.” For the first time in history, up to five generations find themselves working alongside each other in a typical company. The result? There can be division. Interactions between people from different generations can resemble a cross-cultural relationship. Both usually possess different values and customs. At times, each generation is literally speaking a different language! How can we hope to work together when we can't even understand each other? This book provides the tools to: Get the most out of the strengths of each age group on your team. Foster effective communication instead of isolation among people. Build bridges rather than walls so that loneliness becomes connectedness. Connect people to learn how both veterans and rookies can mentor each other.

persuasive speech about depression: Fear and Trust David Runcorn, 2011-11-30 The ancient people of Israel and contemporary Western society share a preoccupation with the idea of leadership. In this perceptive and engaging book, David Runcorn reveals just how deeply one world can speak to the other. The story of 1 and 2 Samuel opens with a woman weeping. But grief is often the precursor of change, and the answering of Hannah's prayer is revealed in her song as a prophetic sign of God's ways in all the world. As the author then helps us reflect on various revealing episodes, time and again, he enables us to trace the true presence of God in the words, actions or faithful endurance of people on the edge of the 'main' script. And, he suggests, it is in the kind of honest, disciplined attentiveness they display, that the greatest hope for leadership will be found today.

persuasive speech about depression: Feelings James D. Laird, 2007-01-11 *Feelings* argues for the counter-intuitive idea that feelings do not cause behavior, but rather follow from behavior, and are, in fact, the way that we know about our own bodily states and behaviors. This point of view, often associated with William James, is called self-perception theory. Self-perception theory can be empirically tested by manipulating bodily states and behaviors in order to see if the corresponding feelings are produced. In this volume, James D. Laird presents hundreds of studies, all demonstrating that feelings do indeed follow from behavior. Behaviors that have been manipulated include facial expressions of emotion, autonomic arousal, actions, gaze, and postures. The feelings that have been induced include happiness, anger, fear, romantic love, liking, disliking, hunger, and feelings of familiarity. These feelings do not feel like knowledge because they are knowledge-by-acquaintance, such as the knowledge we have of how an apple tastes, rather than verbal, knowledge-by-description, such as the knowledge that apples are red, round, and edible. Many professional theories of human behavior, as well as common sense, explain actions by an appeal to feelings as causes. Laird argues to the contrary that if feelings are information about behaviors that are already ongoing, feelings cannot be causes and that the whole mechanistic model of human behavior as caused in this sense seems mistaken. He proposes an alternative, cybernetic model, involving hierarchically stacked control systems. In this model, feelings provide feedback to the control systems, and in a further elaboration, this model suggests that the stack of control systems matches a similar stack of levels of organization of the world. An original contribution to the

study of the relationship between feelings and behavior, the volume will be of interest to social, emotional, and cognitive psychologists.

persuasive speech about depression: *Walking Tall In Tough Times* GREAT IGWE, 2019-07-30 Out of nowhere, the storms of life hit us without warning. The loss of a loved one, a broken relationship, loss of a job and properties. A terrible accident, illness or the failure of a business. This is tough challenges that people all over the world are being confronted with daily in their respective life. We don't have the power to choose what happens to us, neither can we as humans choose the nature and severity of the problems and challenges that confronts us every day. But one thing we sure can do, and has the power to control is the way we respond to these challenges and how we fight through it. Life is like an ocean and every one of us are born sailors, sailing through this ocean. Everybody shall one day encounter a storm, be it the wealthy, the educated, the poor, the uneducated, the single or married, the sick or healthy. The storms of life is not a respecter of race, religion or country of birth but rather a respecter of courage, boldness, persistent, firmness of purpose and positive attitude. *Walking tall in tough times*, is a book that will certainly arm and spur you to take tough decisions and actions necessary to bring about a change in your life. It will also help you change your negative perceptions and response to the challenges you are going through and put you on a part to true success. The principles and practical steps that are outlined in this book is not based on head knowledge, but rather are founded on experiential knowledge and scriptural examples that will certainly leave transformed. This book will undoubtedly stir you to leave your comfort zone to your rightful place of influence and power. It will forge you to become uncomfortable with mediocrity and average existence. Buckle up as I take you through this journey of self-freedom and reawakening. Happy read.

persuasive speech about depression: This Fine Place So Far from Home C.L. Dews, Carolyn Leste Law, 1995-04-19 These autobiographical and analytical essays by a diverse group of professors and graduate students from working-class families reveal an academic world in which blue-collar work is invisible. Describing conflict and frustration, the contributors expose a divisive middle-class bias in the university setting. Many talk openly about how little they understood about the hierarchy and processes of higher education, while others explore how their experiences now affect their relationships with their own students. They all have in common the anguish of choosing to hide their working-class background, to keep the language of home out of the classroom and the ideas of school away from home. These startlingly personal stories highlight the fissure between a working-class upbringing and the more privileged values of the institution.

persuasive speech about depression: Persuasion Michael E. Roloff, Gerald R. Miller, 1980 An expert in the study of mass communications and an expert on interpersonal communication bring together contributions that explore the ways in which we are persuaded. Essays cover three major aspects of the subject: theory and definition of persuasion, factors in the persuasion process, and the application of persuasion to negotiation, marketing, family relationships and politics. 'This collection seemed to me a good review of a fascinating field. As a therapist, I found I was able to pull together a range of ideas that I considered worthy of development and application...Though not written with therapists in mind, this book represented for me an introduction to a new range of possibilities for influencing people towards

persuasive speech about depression: Processing Public Speaking A. Kanu, D.A.; S. Durham, M.A., 2014-04-01 *Processing Public Speaking* covers all the traditional topics and offers much more, including chapters on public speaking traditions, public speaking as communication process, processing the introductory speech, processing technology in public speaking, processing listening, oral interpretation, analyzing audiences, organizing and outlining speeches, persuasive speaking, and debating, processing verbal communication, processing nonverbal communication, and delivery, impromptu speaking and ethics. As an invaluable resource *Processing Public Speaking* allows readers to access practical information that describes the production and consumption of presentations in technical, humanities, and social science, business, and education courses. The approaches in this text include tailoring public messages by identifying what the audience wants and

needs with adaptation to cultural differences with focus on the public speaking heritage of rhetorical discourse.

persuasive speech about depression: *The Rhetoric of Modern Statesmanship* Kenneth W. Thompson, 1992 The issue of rhetoric and modern statesmanship is divided into four topics: the historical and philosophical background; problems of contemporary presidential rhetoric; the rhetoric of foreign policy and the rhetoric of discourse among statesmen. David Clinton addresses Tocqueville, democracy, and the moral issue in American statecraft. Halford Ryan looks at FDR's presidential rhetoric; Robert Orben examines speechmaking in the Ford administration; Gaddis Smith turns his attention to Carter's political rhetoric and Tom Griscom concentrates on Reagan's rhetoric. In the area of foreign policy, Forrest C. Pogue dissects the Marshall Plan and the Harvard speech; General George M. Seignious II evaluates the rhetoric and reality of change in the Soviet Union and Ambassador John W. Tuthill gives us Jean Monnetóthe man and the vision. In conclusion, Ladd Hamilton looks at presidential rhetoric and political discourse while Russell Baker provides an overview of presidential humor, rhetoric, and social criticism. Co-published with the Miller Center of Public Affairs.

persuasive speech about depression: *Persuasion* Robert N. Bostrom, 1983

persuasive speech about depression: Principles of Effective Speaking William Phillips Sandford, Willard Hayes Yeager, 1930

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