

## **THE DEPRESSED MAN AND HIS DOCTOR**

**Selfishness is a common malady**

**Self- centerness breeds loneliness.**

**Do not look at yourself; look at others to be happy**

**Do not look at the mirror, look through the windowpane.**

**There are more people in the world than you alone**

A very depressed man met his Doctor. He complained” Doctor, I am feeling frustrated, unwanted and unloved. No one cares for me, no one loves me. I am feeling so lonely!

The doctor told him: Kindly, stand in front of this glass and tell me, what do you see

He replied: Well, I see myself standing alone all by myself.

Then, Doctor asked him again: Now, kindly, stand-in front of that glass at the other side of my consulting room and tell me what you see.

Now, he replied: I see lots of people in the road talking to each other, laughing and moving around.

The Doctor questioned him again: Can you tell me, what’s the difference between the two glasses?

Yes, Doctor: the patient replied: The first one was a mirror glass; while this second one is the glass of your window panes facing the street.

“My dear friend”, the Doctor remarked,” can’t you not discover , by yourself, what’s your sickness and its remedy? Be your own doctor!”