Contents

Introduction 1 Describing Depression 1 Summary of the Argument 10 1 The World of Depression 14 A Different World 14 The Relevance of Phenomenology 16 Narratives of Depression 23 **2** Experiencing the Possible 33 Existential Feelings 34 Horizons 41 The World as a Possibility Space 50 Heidegger's Moods .55 Possibilities and Bodily Dispositions 59 Eternal Incarceration 64 The Existential Basis of Cognitive Style 71 3 Depression and the Body 75 The Bodily Phenomenology of Depression 75 The World of Illness 78 Bodily Feeling and World Experience 80 Depression, Somatic Illness, and Inflammation 87 The Heterogeneity of Depression 94 4 Loss of Hope 99 Hope as an Intentional State 99 Existential Hope 104 The Impossibility of Hope 110 Loss of Aspiration and Demoralization 117 Loss of Trust 122 5 Depth, Guilt, and Narrative 128

Depths of Feeling 128
The Nature of Guilt 132
Irrevocable Guilt 137

Varieties of Existential Guilt 143

Feeling and Narrative 146

6 Agency and Free Will 155

Loss of Agency in Depression 155

The Phenomenology of Agency 158

Will in the World 160

A World without Will 164

7 Time 174

Varieties of Temporal Experience in Depression 174

Implicit and Explicit Time 177

Loss of Significance 179

Loss of Drive and Loss of Projects 186

Time and Dread 188

Creating the Past 191

Ways of Being in Time 196

8 Other People 201

Depression and Estrangement 202

Experiencing Persons 203

Persons and Possibilities 209

Interpersonal Relations and World Experience 213

Interpersonal Experience in Depression 218

9 Depression and Empathy 230

The Nature of Empathy 231

Openness to Difference 236

Empathy as Exploration 242

10 The Nature of Depression 250

What is 'Depression'? 251

Depression, Schizophrenia, and Depersonalization 258

Depression and Pathology 264

The Truth or Otherwise of Existential Despair 269

Appendix: Details of Depression Questionnaire Respondents 283

References 289

Author Index 307

Subject Index 311