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Do you ever feel like you have lost your purpose? Do you feel like you aren't accomplishing very much in your life? If so there are ways to fight those thoughts. Click on on of the links to find out how to fight those depressing thoughts.

Philosophers might call thoughts like these signs of an existential crisis—as in, how do I justify my existence? They can occur to people with [depression](#) or other serious mental illnesses, or to almost anyone with or without an illness, in the uncertainties of life.

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