



12 “Depression is a serious medical condition that involves the body, mood, and thoughts... Depression brings pain not only to the person who has it, but also to the person’s family and others, disrupting their lives,” shares Dr Ching Siew Mooi and Dr Christopher Boey.



20 “Everything depends on what is in our hearts. Heartfelt prayers will definitely be answered. If we decide that something is impossible, then, consistent with our minds in thinking so, even things possible will become impossible...” says SGI President Ikeda.



28 Lee Fung’s eight months battle with depression awakened her to the truth that her life was the “treasure tower.”



31 WF Lee shares about his struggle and eventual triumph over a severe anxiety disorder that came without warning on that fateful day of January 3, 2005.

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Cover Story: Mental health is not just the absence of mental illness. Mental health is how we think, feel and act as we cope with life – how we handle stress, relate to others and make choices. From the Buddhist perspective, the purpose of life is to build a life-condition of happiness in the midst of the cycle of birth and death. Buddhism teaches that one should strive to contribute to society as one lives meaningful, creative and happy

life while challenging the basic issue of life and death. Living with optimism and keeping active are a source of both physical and mental well-being.

(Photo by Nelson Chee)

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