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At the time when you feel nothing really matters it might be due to two reasons. 1. Your ego overcomes your respect for the rest of the world. or. 2. You have reached a state of mind where you don't possess any ego. If it's the second reason, You should start chasing your dreams, your passion.

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This is your super power or skill you are blessed with. No matter what you think, this blessing is significant, so recognize you have a gift, use it, and share it with the world. 3. Confidence can be learned. You may think that people are born confident, but this isn't true; confidence can be learned. It also can be rebuilt.

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When Nothing Matters Anymore: A Survival Guide for Depressed Teens. Written for teenagers with depression, as well as those who feel despondent, dejected or alone, this book offers help and information about depression and how to cope. Bev Cobain is the cousin of Kurt, the rock star who took his own life in 1994.

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In When Nothing Matters Anymore, Bev Cobain offers a teen-friendly reference guide to adolescent depression, complete with self-help suggestions, counseling resources, and case studies of teens who sought help for their illness and now lead "normal" adolescent lives.

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