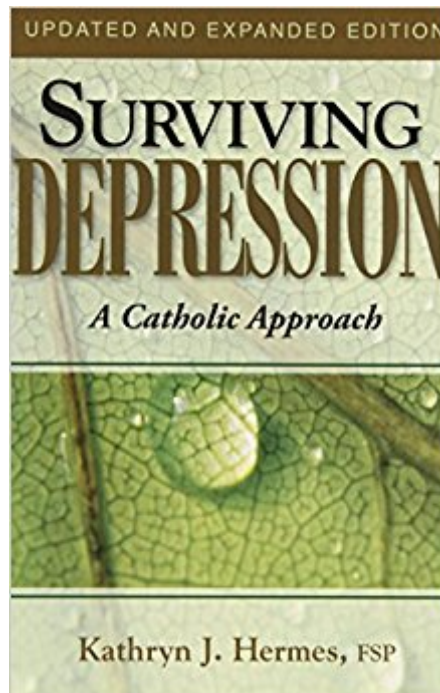




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Surviving Depression: A Catholic Approach



Synopsis

Embark on a journey of faithful hope and spiritual healing with best-selling author Kathryn J. Hermes, FSP. Updated contemporary international, national, and ecclesial acknowledgements provide a grounded reality with which to approach depression. Prompted by theological and sociological concerns, this spiritual companion operates from the Catholic tradition but extends into the biological, psychological, environmental and genetic components of depression. An entirely new section, "8 Steps to Inner Peace," offers insightful scriptural reflections and a step-by-step practical guide to finding peace.

Book Information

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Customer Reviews

I bought this book for my sister who is diagnosed with depression to read. She told me that she found this book extremely helpful for her because it made her aware of the many feelings and thoughts that she shared along with many others out there that suffer the same things she does with depression. It helped her to put into words some things with which she was dealing. I purchased this newest version because I read a review which stated that a new chapter had been added, called: Eight Steps To Inner Peace, and I wanted to see what this had to say. I am also ordering the companion piece called PRAYERS for Surviving Depression. This author is one of my favorites. She publishes articles in a Catholic Daily Devotional called Living Faith that I have been reading for many years.

I have been diagnosed with depression and have been seeing a psychiatrist for three years and therapist for six months now. Only recently have I truly accepted the fact that I'm suffering from this debilitating disease. This book has been sitting in my queue for a long time. Since I've been put on medical leave, I finally had the time to read it. What an eye opener! I highly recommend this book to anyone suffering with depression...Catholic or non-Catholic...and to those know of anyone suffering from this illness.

a great source of perspective

Sr Kathryn has done a terrific job of weaving the threads of faith, prayer and grace with clinical and behavioral impacts of depression (or other mental illness). The framework is instructive and ending each chapter with separate, actionable advice for the depressed person and those who love them is very helpful. It brings me comfort and the inspiration to be able to unite my suffering with Christ's. I picked it up on Kindle, and then ordered a print copy, too.

Great book. Helped!

This is a great tool. Helped me see my depression in a new light. To be more acceptable of who I am and where I am. Depression had tinted my life with a foggy perception that doesn't make me less than or forgotten by God. I'm so glad I came across this book

I purchased this book after reading some of this authors work in a prayer booklet I read every day. This prayer booklet, Living Word, features a daily reading from various people/authors. It said she was the author of this book. So I looked on .com and they had the book. I think everyone suffers from a little depression now and then and this book is very helpful. This book addresses most issues and in a very understandable, easy way. This author definately has a Gift. I highly recommend it.

This book is very helpful for those suffering from depression.

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