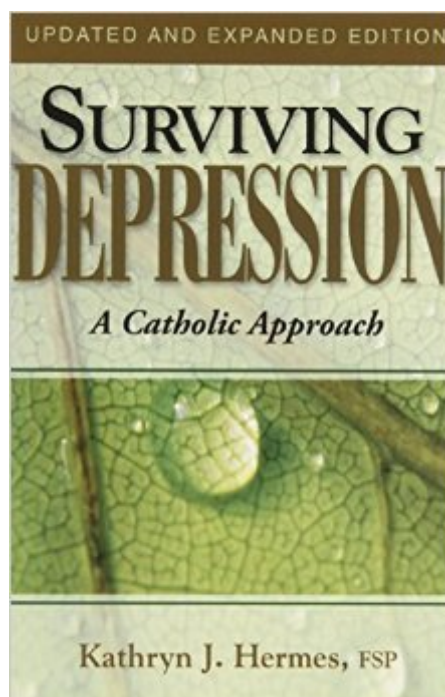


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# Surviving Depression: A Catholic Approach



## 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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Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (9 customer reviews)

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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.

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.

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.

One of the more effective books I've read on the subject, Hermes weaves together prayers, personal vignettes, and historical anecdotes into a surprisingly compelling work. Granted it's more a series of subjective and emotional appeals than a rigorous treatise on depression, but sometimes that's exactly the kind of support we all need (Sr. Halpin's poetry is especially poignant) and I, personally, am grateful to have received it.... And this is why I regret not being able to finish this review without mentioning an alarming flaw in Chapter 9. In an attempt to encourage the reader to "tear up labels," the author offers several examples of cultural and historical figures who, in her words, "had a tremendous effect on the world." Unfortunately, over a third of the individuals mentioned are known or suspected to have taken their own lives. Yes, Tchaikovsky, Van Gogh, Hemingway, and Kurt Cobain have produced some very inspirational art, but they are odd inclusions in a book about \*surviving\* depression, considering that - by committing suicide - they technically didn't survive it!

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