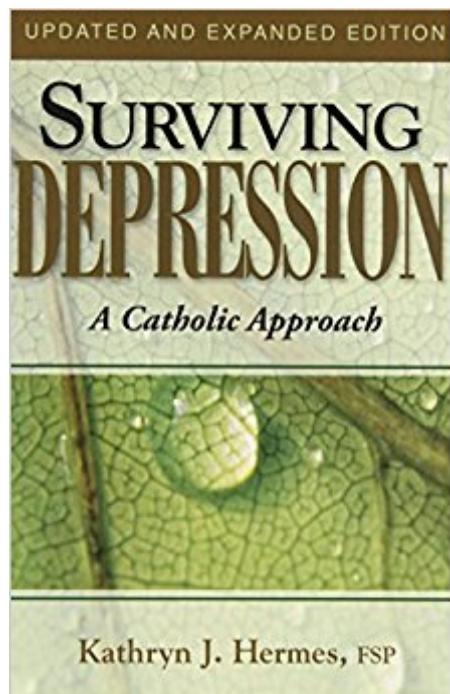


The book was found

# 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**

Paperback: 177 pages

Publisher: Pauline Books & Media; 2nd Updated, Expanded ed. edition (August 25, 2012)

Language: English

ISBN-10: 0819872253

ISBN-13: 978-0819872258

Product Dimensions: 7.9 x 5.2 x 0.6 inches

Shipping Weight: 4 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 11 customer reviews

Best Sellers Rank: #388,697 in Books (See Top 100 in Books) #105 in Books > Christian Books & Bibles > Catholicism > Self Help #448 in Books > Health, Fitness & Dieting > Mental Health > Depression #1134 in Books > Textbooks > Humanities > Religious Studies > Christianity

## **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.

[Download to continue reading...](#)

Depression Treatment Naturally & Depression Self Help: 21 Non-Medical Depression Cures To Stay Happy For Life (depression cure, postpartum depression, ... depression self help, depression free)  
Depression: The Depression Cure: The 11-Step Program to Naturally Beat Depression For Life

(depression cure, depression books, depression and anxiety, ... emotional intelligence, mood disorders) Surviving Depression: A Catholic Approach The Depression Workbook: A Guide for Living with Depression and Manic Depression, Second Edition Postpartum Depression: How to Overcome Postpartum Depression and Be a Happy Mom (Postnatal Depression) Postpartum Depression Cure: The Self-Help Guide To Overcome Depression After Childbirth (Post partum anxiety, Post partum weight loss, Post partum depression) Teen Depression: A Parent's Guide for Recognizing the Signs of Teenage Depression and Helping Your Child Find Happiness Again ~ (Help for Depression in Teens ) All Things Lovely All Things Lovely Catholic Journal Color Doodle: Catholic Devotional for Teen Girls in all Departments Catholic Devotional for Women ... Books for Teens Girls Teen Girls in all Dep Catholic Christianity: A Complete Catechism of Catholic Church Beliefs Based on the Catechism of the Catholic Church The Bad Catholic's Guide to Wine, Whiskey, & Song: A Spirited Look at Catholic Life & Lore from the Apocalypse to Zinfandel (Bad Catholic's guides) Depression: Stop Dying & Start Living: Social Anxiety, Insecurities, Fear, & Depression Cure Interpersonal Psychotherapy for Perinatal Depression: A Guide for Treating Depression During Pregnancy and the Postpartum Period Interpersonal Psychotherapy for Perinatal Depression: A Guide For Treatment of Depression During Pregnancy and the Postpartum Period Kovels' Depression Glass & Dinnerware Price List, 7th Edition (Kovel's Depression Glass and Dinnerware Price List) The Depression Cure: The 6-Step Program to Beat Depression without Drugs The Mindfulness and Acceptance Workbook for Depression: Using Acceptance and Commitment Therapy to Move Through Depression and Create a Life Worth Living Binding the Spirit of Fear, Worry and Depression: Divine Revelations and Powerful Prayers to Bind and Cast Out Fear, Worry, Depression & Panick Attacks from Your Life Permanently Sadness or Depression?: International Perspectives on the Depression Epidemic and Its Meaning (History, Philosophy and Theory of the Life Sciences) Surviving Manic Depression: A Manual on Bipolar Disorder for Patients, Families, and Providers Surviving Schizophrenia: My Story of Paranoid Schizophrenia, Obsessive-Compulsive Disorder, Depression, Anosognosia, Suicide, and Treatment and Recovery from Severe Mental Illness

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)