

UPDATED AND EXPANDED EDITION

SURVIVING DEPRESSION

A Catholic Approach

Kathryn J. Hermes, FSP

Surviving Depression A Catholic Approach

Marianne Komek



Surviving Depression A Catholic Approach:

Surviving Depression Kathryn J.,2019-03-25 Depression can strike anyone including those deeply committed to living the Christian life The author offers the story of her personal journey as well as those of other Catholics and saints who have experienced depression exploring faith and spirituality **Surviving Depression** Kathryn Hermes,2003 Depression can strike anyone including those deeply committed to living the Christian life The author offers the story of her personal journey as well as those of other Catholics and saints who have experienced depression exploring faith spiritualit **Surviving Depression Journal** Kathryn Hermes,2007 **Surviving Depression, 3rd Edition** Kathryn Hermes,2020-03-26 How would it feel to live through periods of emotional fragility and be surrounded by a supportive community get up most mornings believing your life has meaning and be confident that Jesus understands and holds your tears as sacred It might seem an incredible dream and almost impossible when we consider the feeling of utter emptiness the collapse of the will to live the devastating loss of self worth that fills the heart of the person who lives with the heavy burden of depression or mental illness Sr Kathryn Hermes knows the dull ache of depression firsthand and in *Surviving Depression* offers a practical method to progressively greater health and wholeness *Surviving Depression* shows you how to take the first steps to healing and how to build into your life practices that will help you embark on a spiritual journey through the darkness You will learn how to reconnect with your heart build connections with others grow in self esteem stop spiraling negative thoughts and live with more inner peace and gratitude This edition incorporates additional material that reflects new developments in wellness with regard to depression and is more grounded in the interlinking of God s life within us and our concrete psychological makeup Practical tips for friends and family members of someone suffering with depression appear at the end of each chapter as well as an entire chapter devoted to companioning a depressed friend Things can be different *Surviving Depression* will guide you from the winter of first diagnosis to the spring of new life Prayers for Surviving Depression Kathryn James,2019-03-25 When depression strikes prayer can seem impossible a distant light in the dark land of loneliness Words fail and even the desire for God fades into night This unique prayer book offers prayers from those who have suffered through depression s dark days and night and yet continue to search for light and strength in their faith Together with favorite prayers from the Catholic tradition they offer comfort and hope that God is close to the brokenhearted A perfect companion to *Surviving Depression A Catholic Approach* Includes Blessings and Affirmations Guided Scriptural Meditations Prayers of Saints who Offer Hope Praying Through Depression The Stations of the Cross The Seven Sorrows of Mary the Luminous Mysteries of the Rosary Praying When You Can t Pray Prayers for Family Members and Friends See Yourself Through God's Eyes Marie Paul Curley,2019-03-25 Through the use of meditations Scripture passages stories and prayers Sr Marie Paul Curley offers a way to develop a personal relationship with God and to discover his unconditional love for us Curley writes from her own experience creating a guide to fostering healthy self esteem and a sense of personal affirmation

for even the busiest reader *Finding God in Times of Depression* Sr. Kathryn J. Hermes FSP, 2024-10-21 May these meditations unlock in your heart the courage to believe in God's desire to save and bless you even through the darkest hours of your life from the Introduction These thirty daily meditations offer reassurance that our loving God always walks with us especially in times of sadness and desolation Each day's meditation includes a Scripture passage a reflection a short prayer This collection of hope filled reflections and prayers provides spiritual accompaniment on the journey to greater serenity and light Sister Kathryn James Hermes FSP is the best selling author of many books including *Surviving Depression A Catholic Approach* and *Reclaim Regret How God Heals Life's Disappointments* You can connect with her at touchingthesunrise.com

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