



This Too Shall Pass: Living Through the Dark Times

By Christi Ortiz

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. Therese Schmidt (illustrator). 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Depression is one of the most widespread illnesses (World Health Organization), and yet so misunderstood. Scientific advancements have shed light on the biochemical, neurological, and genetic components of this devastating disease, yet so many suffer in silence. Shame still inhibits many from seeking treatment, leading those who suffer to turn to suicide. Almost 1 million lives are lost yearly due to suicide, which translates to 3000 suicide deaths every day. For every person who completes a suicide, 20 or more may attempt to end his or her life (WHO, 2012). Meditation and spirituality have shown to be protective factors against depression, and aid in coping with the cognitive and affective symptoms. These poems grapple with life's questions through the prism of spiritual insights while incorporating Cognitive Behavioral principles, Acceptance and Commitment Therapy techniques, as well as DBT strategies within the verses. These thoughtful meditations help the reader to transcend the grasp of depression's cognitive prison. Reflecting on the wisdom of these verses lifts the cloak of despair, allowing hope to...



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