



This Too Shall Pass: Living Through the Dark Times (Paperback)

By Christi Ortiz

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Therese Schmidt (illustrator). Language: English. Brand new Book. 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 shine in. As a licensed therapist, Christi Ortiz, MA, LMFT, RHC-III has...



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Reviews

Unquestionably, this is actually the greatest function by any author. I was able to comprehend every little thing using this created e ebook. Its been printed in an remarkably straightforward way which is merely following i finished reading this ebook in which in fact altered me, alter the way i think.

-- Arianna Witting

An exceptional book as well as the font used was exciting to read. It is actually rally intriguing through reading time. You will not sense monotony at anytime of the time (that's what catalogues are for about when you ask me).

-- Crystel Hagenes