

KATHRYN J. HERMES, FSP



# SURVIVING DEPRESSION

A CATHOLIC APPROACH

*International bestseller translated into 12 languages*

# Surviving Depression A Catholic Approach

**Marie Paul Curley**



## **Surviving Depression A Catholic Approach:**

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*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

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reader *Promises to Theresa* Marianne Komek,2025-01-31 From the heights of mania to the crash of depression can Theresa Jarewski get off her emotional roller coaster Will she find a guy who will love and accept her during high school through early college years She is a sixteen year old overachiever who wants to get accepted into an Ivy League college and to be the outstanding editor of her high school newspaper Theresa wants to capture Michael Janning s heart but he s hiding a dark secret that can upset her world

Awakening Love Gregory Cleveland,2019-03-25 The Spiritual Exercises of St Ignatius have had a tremendous impact in the history of the Church while the Song of Songs describes mystical union with God in prayer Written following the format of a personal retreat Awakening Love includes chapters tracing the themes of the Song of Songs as a very Christian prayer and meditation

**Wisdom from the Global Sisterhood** Joyce Meyer,Michele Morek,Helga Leija,Jan Cebula,2024-08-06 Sisters care about creation minister to those in need and keep hope amid adversity their witness and reflections can help us to do the same In Wisdom from the Global Sisterhood Catholic sisters from across the world share their insights about prayer grace grief and healing ministries and a variety of topics From the thousands of columns published since it began in April 2014 Global Sisters Report s editors share some of the publication s most insightful columns to celebrate the enduring life and ministry of these remarkable women of faith Wisdom from the Global Sisterhood amplifies the voices of these sisters as well as their often hidden and unrecognized ministries in the most distant parts of the world It offers a sampling of lessons and messages intended to deepen our prayer lives and help us to grow in grace Reflection questions included throughout may be used for personal contemplation or in small group discussions Through the inspiring stories of Catholic women religious worldwide readers are invited to discover the profound impact of sisters as they continue to encourage others to bring hope compassion and service to communities and walk the synodality path supporting the most vulnerable

Reclaim Regret Kathryn J.,2019-03-25 This book by bestselling author Sr Kathryn Hermes can help you reshape past regret and disappointment in the context of your life story Real world examples powerful meditations and Sr Kathryn s own experiences can transform a feeling of midlife stagnation into spiritual liberation Learn about God s four promises to you through sacred scripture and prayer they will help you forgive yourself encounter God s love and healing and embrace spiritual freedom

God's Mercy Awaits You Patricia Marie Barnett,2020-01-17 Many women who experience post abortion trauma and guilt feel doomed to suffer in silence In God s Mercy Awaits You experienced pro life counselor Sr Patricia Marie Barnette accompanies women on a journey out of the darkness of shame and regret and into the light of God s forgiveness and mercy Sr Barnette is as empathetic as she is knowledgeable and she approaches this difficult topic with compassion and sensitivity The book is also highly practical filled with prayers advice and web and print resources that consider the issue from every perspective If you or someone you know is living in pain caused by an abortion God s Mercy Awaits You is an invaluable resource to begin the process of healing

**The Catholic Periodical and Literature Index**,2004

**Safe Haven** Debbie Vanderslice,2021-11-15 What is it Depression is the foe when not if that each of us must face

in our Christian walk if you are depressed then this book is for you or if you know someone who is depressed American Book Publishing Record ,2004 *The Writer's Market* ,2004 A guide for the freelance writer listing pertinent information about publications and editors **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](http://touchingthesunrise.com)

*Subject Guide to Books in Print* ,1991 **Medical and Health Care Books and Serials in Print** ,1997 **The Catholic Worker** ,1981 **Ronald Reagan and the Triumph of American Conservatism** Jules Tygiel,2004 Jules Tygiel s biography of Ronald Reagan engages students with the compelling story of the man who went from Hollywood actor to President of the United States This balanced biography considers both the accomplishments and failures of Reagan s presidency as well as the contested legacy of his political career even after his death Incorporating the latest scholarship *Ronald Reagan and the Triumph of American Conservatism* examines Reagan both as an individual and in the larger context of the conservative movement

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