Blest by the Dark Angel: Transformed and Healed Through Depression, 2013, Ann
Keiffer,ShadowDancePress,2013

What happens when depression slams into you and your charmed life like a death-star meteor, blasting a smoking hole in the earth beneath your feet, dropping you into darkness and isolation, covering you over, leaving you for dead? How is it possible that this, the worst thing that ever happened to you, becomes the very thing that saves you? In Blest by the Dark Angel Ann Keiffer writes powerfully about what it is like to live through a clinical depression. She turns her depression inside-out, so we can see how it was made. But Ann's most extraordinary gift is her ability to integrate her experience and write of it so evocatively that her insights, breakthroughs, and transformative healing are accessible to her readers, too. A Spirit-filled, tough, inspiring, enlightening, altogether hopeful gripping, beautiful, and loving memoir.

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