



Through the Dark Woods: A young woman's journey out of depression

Jo Swinney

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This book is based on the author's own experience of wrestling with depression, and her story carries the book along. Using this structure she discusses the stigma associated with depression. She talks of the importance of correct diagnosis, and the challenges of day to day survival. She takes an honest look at the temptation to suicide, and how depression affects one's prayer life and relationship to God. Where are the sources of comfort and healing? Jo Swinney considers biblical characters subject to depression, and argues for the importance of sharing stories. Finally she asks, what does her depression teach her?

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