THANK GOD FOR ANTIDEPRESSANTS

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Category: Reviews

This short book (just over a hundred pages) has the potential for being a great help to people struggling with depression.



Jane Newman describes her own struggles frankly, honestly and with good humour. She details the impact her depression had on her and on her family; especially on her relationship with her husband. This is an intensely personal book, but depression is an intensely personal disease.

Through the book, Jane talks about the importance of good professional help and her struggles to find a regime of antidepressants which would deal with her illness, without leaving her so tired and listless that she could not cope with life anyway. As a Christian, she also asks why God did not simply choose to answer her prayers for healing.

This all might sound a bit downbeat, but that would be unfair. The story is told with honesty, but a lightness of touch and a real gratitude to God and her family for the way things have worked out. The author's solution may not be the right answer for everyone, but her honesty and forthrightness will be of great help with anyone struggling with depression or trying to understand what a loved one is going through.

You can orderÂ Thank God for Antidepressants!: A Journey to New BeginningsÂ through Amazon and you can even get a copy for your Â Kindle.

I have to declare a slight conflict of interest here; Jane Newman has been a friend and colleague for over 25 years. I've always been impressed by Jane and her husband, John. After reading this book, my view of them has increased even further. However, I'm left with a little worry that I might be one of the unsympathetic Christians who crop up from time to time in the pages of the book - I hope not!