



*Hope for Wholeness*  
by Sharon L. Fawcett

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## Depression Equals Opportunity

*HOPE FOR WHOLENESS*

*The Spiritual Path to Freedom from Depression*

by Sharon L. Fawcett

Foreword by Dr. Neil T. Anderson

It's risky to look at depression in a positive light. This illness, which is the leading cause of disability world-wide, threatens lives, steals hope, and destroys the spirit of the afflicted one. But it can also be an opportunity for growth. Through her personal journey, Sharon Fawcett reveals how. Recognize the spiritual roots of depression, learn three powerful spiritual treatments, and discover four purposes of pain. Whether you or a loved one struggles with this illness, there is hope for healing and wholeness.

**Through this book readers will:**

- Feel less alone in their struggle.
- Understand that depression can be a growth catalyst in their lives, providing motivation for self-examination and change.
- Discover four purposes of pain and learn to embrace, rather than fear, life's difficulties.
- Recognize spiritual roots of depression.
- Learn three powerful spiritual treatments for depression.
- Understand how depression impacts loved ones, how to help children deal with the fallout of a parent's depression, and how to help spouses and caregivers cope with the fallout.
- Gain strategies to support a loved one with depression while maintaining their own physical, emotional, and spiritual well-being.
- Be encouraged and instructed through an easy to read book— with short chapters divided into manageable sections, questions for reflection, and scripture verses to meditate on.

**ABOUT THE AUTHOR:**



**Sharon Fawcett** is a speaker and freelance writer from New Brunswick, Canada, who struggled with major clinical depression for nine years. Her work appears in *Today's Christian Woman*, *Beyond Ordinary Living*, *God Allows U-Turns for Women*, and more. She was also one of the "Faces of Mental Illness" in the 2008 *Face Mental Illness Campaign*, an annual national public education campaign designed to help bring awareness to the reality of mental illness in Canada. Visit Sharon's website at [www.SharonFawcett.com](http://www.SharonFawcett.com).