

Rest in God alone,  
my soul,  
for my hope  
comes from Him.

Psalm 62:5  
Holman Christian Standard Bible

# Sharon Fawcett

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And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast. <sup>1</sup> Peter 5:10, NIV

Sharon Fawcett is living out the truth of Peter's words. Through a nine year battle with major clinical depression and three years with the eating disorder anorexia nervosa, Sharon was forced to wrestle with difficult issues and search for the answers to questions many continue to struggle with in silent pain. Why does God allow me to suffer? Can I really trust Him to take care of me? Is there any hope for my life?

Although Sharon understands hopelessness, she has overcome many dark experiences and emerged with a strong faith and a keen awareness of God's love and power. Through writing and speaking she pursues her passion to spread hope and encourage others. Sharon has been interviewed on national television and radio and speaks regularly in other venues. Her writing often focuses on mental and spiritual health. She has published stories in *Silver Linings: Breaking through the Clouds of Depression*, *God Answers Prayers*, and *God Allows U-Turns for Women* and articles in magazines including *Today's Christian Woman* and *Beyond Ordinary Living*. *Hope for Wholeness: The Spiritual Path to Freedom from Depression* (NavPress, 2008) is Sharon's first book.

In 2008 Sharon was selected as one of Canada's "Faces of Mental Illness" in the Face Mental Illness Campaign, an annual national public education campaign designed to help bring mental illness out of the shadows and reduce the stigma associated with it. The 2008 campaign theme, "Recovery is Possible," is one that Sharon strongly believes in, as she has been free from anorexia nervosa for fifteen years and depression-free for a decade.

Passionate about humanitarian and environmental issues, Sharon renews her spirit through time spent observing nature and bicycle rides through the country near her home in New Brunswick, Canada, where she lives with her husband between the forest and the sea. Visit her website at: [SharonFawcett.com](http://SharonFawcett.com).

