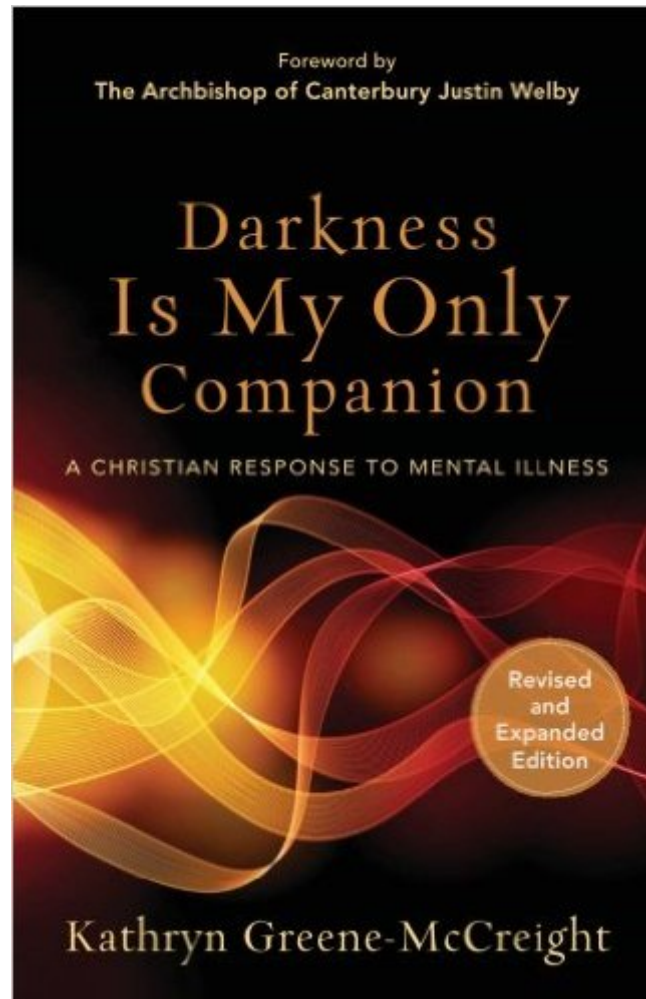


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Darkness Is My Only Companion: A Christian Response To Mental Illness



Synopsis

Where is God in the suffering of a mentally ill person? What happens to the soul when the mind is ill? How are Christians to respond to mental illness? In this brave and compassionate book, theologian and priest Kathryn Greene-McCreight confronts these difficult questions raised by her own mental illness--bipolar disorder. With brutal honesty, she tackles often avoided topics such as suicide, mental hospitals, and electroconvulsive therapy. Greene-McCreight offers the reader everything from poignant and raw glimpses into the mind of a mentally ill person to practical and forthright advice for their friends, family, and clergy. The first edition has been recognized as one of the finest books on the subject. This thoroughly revised edition incorporates updated research and adds anecdotal and pastoral commentary. It also includes a new foreword by the current Archbishop of Canterbury and a new afterword by the author.

Book Information

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Customer Reviews

I have not personally suffered from mental illness, but I have loved ones who have. It is hard to understand their pain. In the face of their struggle, I have no words. And the church hasn't always responded well to mentally ill people. Sometimes this is due to a mistrust of psychology for its secular underpinning. Other times, profound emotional struggle is seen as evidence for a lack of faith. The result has been a good deal of isolation of and insensitivity toward the mentally-ill. Come Lord Jesus. Kathryn Greene-McCreight wrote *Darkness is My Only Companion* to offer a Christian response to mental illness, especially bipolar, the illness she herself struggles with.

Greene-McCreight is associate chaplain at Yale, a priest and theological writer. Her book is part

memoir, part theology and part practical advice for people personally facing mental illness or clergy offering support to those navigating these waters. This second edition has a new forward from Justin Welby, the Archbishop of Canterbury, and has been revised and expanded to reflect more recent treatment and statistics than the 2005 edition, and to answer questions readers had of the original edition. Greene-McCrieght unfolds this book in three parts. Part one is the most personal. She discusses her own journey through depression, hyper-mania, suicidal thoughts, hospitalizations and treatment. She shares the scriptures, poems, prayers hymns that carried her through the most difficult parts of her journey and her interactions with psychiatrists who regarded her faith and commitment to praying the daily office with suspicion. She is able to speak of the things she learned from bipolar and treatment (i.e. vulnerability, dependence, humility); yet she doesn't give trite reasons about why this happened to her.

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