

INTRODUCTION

The number of depression-related books has escalated in the last several years. Two significant aspects separate *Breaking Free of Depression's Grip* from the others.

1. Most autobiographies and biographies are written by or for celebrities or otherwise famous people. The reason is quite simple: familiarity sells. Kitty Kelly's book, *The Royals*, the sensationalist world of the Queen, Lady Diana, Prince Charles, and other royal family members, was a bestseller, but most people cannot relate to the challenges that the royal family faces.

In contrast, *Breaking Free of Depression's Grip* is written for those who suffer from depression, or know someone close who does, and want in-depth insight about an illness to which they can relate.

2. Medical professionals, usually MDs or PhDs, write most depression books. Although they have vast knowledge of depression, they typically have never endured the pain themselves. They interpret what patients and education have taught them, speaking not from the heart, but from a textbook.

In contrast, I have lived the pain of depression for over forty-five years. I understand the loneliness of the suffering. Therefore, this book takes a non-clinical approach of someone with firsthand knowledge of the disease. It does not preach; instead, I openly reveal intimate experiences and treatments, and dispersed amongst the pain are lighter moments that transpired along the depression journey.

If, in bearing my soul it helps another hold on to the reins of hope a little tighter, I am grateful.