

# PUBLISHER'S NOTE

*Breaking Free of Depression's Grip* started out as just one of countless self-help measures attempted by Bruce to tame the extreme mental health challenges he faced. It became a gift of honesty, openness, and encouragement to all of us who want to understand depression and anxiety better, whether in ourselves or others we care about.

Bruce Ross recounts his experiences in candid detail. Real life at different ages and stages. Work and the demands of a culture that once exacerbated, and still does in many cases, the stigma attached to mental health. And living life well despite depression's grip.

Bruce's story is far too familiar, and the courage he's had to share it publicly will undoubtedly help many. It's been a tender and thought-filled process, and Bruce has cared about every detail. This is unabashedly his voice, his journey, and his way. We should all be so brave.

My team and I are grateful to have played a small role in bringing to life the message in *Breaking Free of Depression's Grip: A Powerful Success Story*.

Warmest regards and blessings to you, Bruce.

Sincerely,

Sheri Andrunyk

Publisher, Senior Writer, Author, Mentor  
Insightful Communications (I C) Publishing  
Committed to Quality Content, Design, and Platform  
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