



Out of the Darkness Into the Light: A Spiritual, Emotional, and Cognitive Walk Through My Depression

Uzziah Anthony Harris

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Out of the Darkness Into the Light is a cognitive and emotional snapshot that chronicles a man's life during a period of great emotional loss and upheaval. It shares the common struggle of our humanity and frailty that is oftenmost present during times of what some would call depression. From cover to cover it highlights a journey of self discovery and takes you from the pits of despair, disillusionment, and self pity to a place of triumph and victory. The transparency of this piece is eye-opening and comforting while the victory inherent within these short anecdotal essays is to say the least, inspiring. Some will laugh, others will cry but all will in some way, shape, or form relate to and be impacted by the trials (as well as the resolutions) illustrated within these pages. If one has ever experienced pain or loss, and if one has ever searched for answers and not them through their own introspective moments then this book may be of sound assistance to you. If you know anyone who is struggling to come to grips with themselves or simply in need of a new birth, a new direction and new possibility then have them try this rejuvenating series of life lessons and experience. If all seems dark or even dim help them turn on the light, this book can help them, can help you turn life around.

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