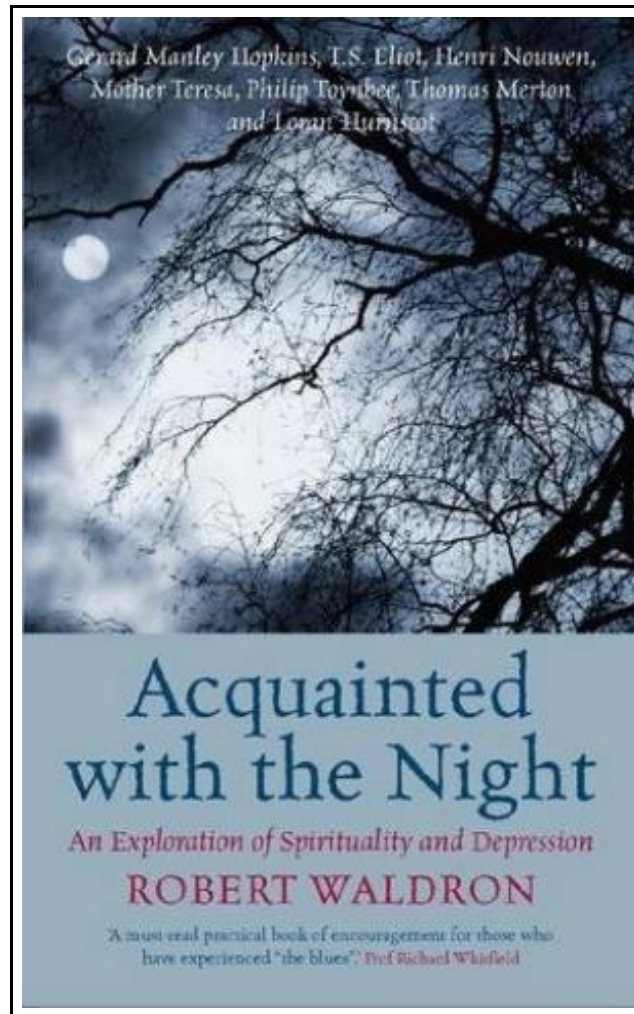


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ACQUAINTED WITH THE NIGHT: AN EXPLORATION OF SPIRITUALITY AND DEPRESSION (PAPERBACK)

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Darton, Longman Todd Ltd, United Kingdom, 2012. Paperback. Condition: New. UK ed.. Language: English . Brand New Book. Depression is pandemic today; as the demands of modern life prove too much for many adults, it has also clawed its way into the minds and souls of our young people, so that it is not unusual to hear that teenagers, or even children, are taking anti-depressants, sometimes committing suicide. The aim of this book is to illustrate that depression is often a spiritual malaise that can be treated by spiritual measures. Award-winning author, Robert Waldron explores the common causes and symptoms of depression, and in so doing underscores the Socratic ideal of the unexamined life is not worth living. When depressives take their depression seriously, they see that they are living superficially and understand that there is a deeper kind of living available: it is this realization that leads them into a spiritual dimension. Indeed the cure for much depression lies within the Christian message of mercy, forgiveness, compassion, acceptance and love. Using Jungian theory on spirituality as a foundation, *Acquainted With The Night* goes on to explore the scrutiny and expression famous Christians have given to their individual acquaintance and struggle with darkness, these include: Gerard Manley Hopkins, T.S. Eliot, Henri Nouwen, Philip Toynbee, Thomas Merton, Mother Teresa of Calcutta, and Loran Hurnscot.

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