



# Writing Through the Darkness: Easing Your Depression with Paper and Pen

*Elizabeth Maynard Schaefer*

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Virtually everyone copes with significant grief and turmoil at times. WRITING THROUGH THE DARKNESS offers a menu of writing approaches--freewriting, memoir, poetry, and storytelling--to alleviate the anguish, confusion, and pain associated with depression. Quotes and writing samples from students provide inspiration and encouragement, and extensive resources direct readers to additional writing prompts, instruction, and accurate mental health information and assistance. Practical how-to discussions and plentiful exercises demonstrate how writing can help those with depression modulate their moods, develop greater insight, feel a sense of accomplishment, and reconstruct a damaged life. A practical and supportive guide to using creative writing exercises to ease the symptoms of depression. One in five people will struggle with depression during their lifetime. Research-based techniques and stories from a decade of results with a Stanford University writing group for people with mood disorders. Cites the latest research proving the efficacy of writing to help people deal with depressive symptoms and emotional trauma. Reviews "The material is wonderfully presented and approachable from many angles." -Fore Word Magazine

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