



Catholic Guide to Depression

By Aaron Kheriaty, John Cihak

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Countless Christians -- including scores of saints -- have suffered profound, pervasive sorrow that modern psychiatrists call "depression." Then, as now, great faith and even fervent spiritual practices have generally failed to ease this wearying desolation of soul.

In these pages, Catholic psychiatrist Aaron Kheriaty reviews the effective ways that have recently been devised to deal with this grave and sometimes deadly affliction -- ways that are not only consistent with the teachings of the Church, but even rooted in many of those teachings.

Extensive clinical experience treating patients with depression has shown Dr. Kheriaty that the confessional can't cure neuroses, nor can the couch forgive sin. Healing comes only when we integrate the legitimate discoveries of modern psychology and pharmacology with spiritual direction and the Sacraments, giving particular attention to the wisdom of the Church Fathers and the saints.

Here, with the expert help of Dr. Kheriaty, you'll learn how to distinguish depression from similar-looking but fundamentally different mental states such as guilt, sloth, the darkness of sin, and the sublime desolation called "dark night of the soul" that is, in fact, a privileged spiritual trial sent to good souls as a special gift from God.

You'll come to know how to identify the various types of depression and come to understand the interplay of their often manifold causes, biological, psychological, behavioral, cultural, and, yes, moral.

Then you'll learn about exciting breakthroughs in pharmacological and other medical treatments, the benefits and limitations of psychotherapy, the critical place that spiritual direction must have in your healing, and the vital role that hope -- Christian hope -- can play in driving out depression.

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Editorial Review

Review

Kathryn Jean Lopez, *National Review Online*

"*The Catholic Guide to Depression* is a practical, heartbreaking, liberating book, one that will both wretch and soothe the soul. If you're depressed, if you know someone who is depressed, get help. It's not a sin, it's an illness.

Jeff Mirus, *CatholicCulture.org*

"Dr. Kheriaty will give you sound physical, psychological and spiritual reasons for hope--important reasons which will make it easier to stay the difficult course."

Catholic Business Journal

"Catholic psychiatrist Aaron Kheriaty provides readers with a fresh and extremely useful guide to understanding depression, in the context of faith and science, and he highlights proven avenues to discover genuine hope and healing in the journey."

Catholic Medical Quarterly

"This is a very well written book and it is recommended to those who have depression and to the interested non-medical reader."

Fr. C. John McCloskey

"This book should be in every Catholic home."

--Personal Endorsements

From the Inside Flap

How the saints, the sacraments, and psychiatry can help you break depression's grip and find happiness again

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About the Author

Aaron Kheriaty is the Director of Residency Training and Medical Education in the Department of Psychiatry at the University of California, Irvine. He co-directs the Program in Medical Ethics in the School of Medicine, and serves as chairman of the clinical ethics committee at UCI Medical Center. Dr. Kheriaty graduated from the University of Notre Dame in philosophy and pre-medical sciences, and earned his MD degree from Georgetown University. He lives in San Juan Capistrano, California, with his wife and five sons.

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