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A longer chapter is a very compassionate treatment of suicide, mustering evidence of how faith can be beneficial and pointing out the nuances and sensitivity of Catholic teaching on suicide. Part Two of The Catholic Guide to Depression, the larger part of the book, focuses on overcoming depression. Kheriaty appraises both benefits and limitations of medication and other biological treatments, and of psychotherapy.

The Catholic Guide to Depression: How the Saints, the ...
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and Psychiatry Can Help You Break Its Grip and Find Happiness Again. by Dr. Aaron Kheriaty - published by Sophia Institute Press, 2013. A Book Review by Father John McCloskey

The Catholic Guide to Depression

Appendices include resources for further reading, prayers in times of distress, and an address by Pope John Paul II on the theme of depression. If you or a loved one is suffering from depression,...

The Catholic Guide to Depression: Start Here | Catholic ...

While we acknowledge in The Catholic Guide to Depression that spiritual or moral factors can be among the causes, we also argue that there are many other factors that play a role in the development...

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Things like unconfessed sin can often lead to depression. Do not neglect this much needed Sacrament. People with depression need to be sure to use this Sacrament regularly to keep their souls light and clean. But be careful of scrupulosity which is a brother to depression.

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What can friends and family members do for those struggling with

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depression? Psychiatrist Dr. Aaron Kheriaty, author of *The Catholic Guide to Depression*, will offer many insights on understanding and overcoming the trial of depression in this discussion.

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