



Holding onto Hope

Kathryn J. Hermes FSP, Helene Cote PM

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Dark times come to us all—periods of depression, burn-out, financial disaster, death of a family member, emotional chaos. The pain of a dark time can open us to new growth in our relationship with God and ourselves. We seek a bridge from the darkness to authentic spirituality and healing. Penned by the best-selling author of *Surviving Depression*, this book is that bridge. Each chapter follows a journey that includes stories and images, scripture reflection, questions for personal or small group use, contemplative experiences, and healing exercises.

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