



The D Diary: The Story of a Girl's Struggle with Depression & God's Transforming Power

Jana L. Letterman

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Through a very raw and personal voice, Jana Letterman paints a picture of the devastating affects depression has weaved through her family tree. The purpose of the book is to draw upon practical and proven methods to achieve a life without depression, learn to use the tools God has given to live with depression, and give insight for helping those with depression. Throughout the book she draws upon her own experiences with this disease and illustrates how all things are possible if you believe and allow God to lead you. Whether you suffer from depression, need help through a rough time or simply find comfort through the encouraging words you will find hope in this book. And, don't we all need a little hope! She hopes you'll walk away with tools, goals and a world full of possibilities rooted in the word of God, enabling you to live the happy life He intended for you. Excerpt 1 It was only a few days after my grandpa's funeral when I was hit in the chest again. I was talking to my mom and dad when the subject of my other grandpa came up in conversation. He had died when I was in second grade. I vividly remember him being sick and in the hospital. I remember me and my brother getting in trouble for playing chase up and down the halls and elevators in the hospital. I remember the day he died. I remember sitting on the pew in the funeral home. I remember the smell of grass and dirt in the cemetery. What I didn't remember was how he died. I always thought he died of cancer. This is the memory etched into my brain. However, on this day only hours after my one grandpa committed suicide I found out that my other grandpa also committed suicide. I had absolutely no clue. I had lived nearly twenty years without this knowledge. I felt like my world was crumbling beneath my feet. I could see the terror and concern in my parents' eyes. They thought I knew. I was utterly shocked and confused. I felt horrible for my parents because they sincerely thought I knew but I didn't really didn't know. My mind couldn't keep anything straight. I couldn't rationalize either of their decisions and I felt like I was getting sucked into a tornado. Doesn't that drive the human race crazy? We want to rationalize everything and come to a logical conclusion or explanation. But so few things in life are really black and white. Instead they are a million shades of gray. They had never intentionally kept this from me. I guess I was too young to comprehend the severity of Grandpa L's true cause of death. So, in one very long week I found out that both of my grandpas committed suicide. One in the garage. The other in the shed. Both by hanging. Both gruesome, violent acts. I believe both haunt our family to this day and always will.

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