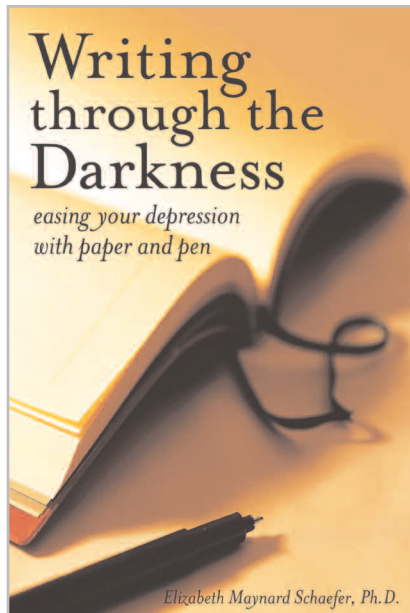


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Writing through the Darkness

easing your depression with paper and pen

Elizabeth Maynard Schaefer, Ph.D.

Depression will strike one in five people at some point their lives. Yet a recent UCLA study demonstrates that expressing feelings in words lessens peoples' emotional reactions to past and present trauma. In fact, a body of research now indicates that after writing down their feelings, those affected have stronger immune systems and score higher on psychological well-being.

In *Writing through the Darkness: Easing Your Depression with Paper and Pen*, Stanford Ph.D. and bipolar depression sufferer Elizabeth Maynard Schaefer provides therapeutic writing techniques designed specifically for those with depression. Based on her decade of experience leading a writing group for people with mood disorders, *Writing through the Darkness* offers a menu of writing approaches, including freewriting, memoir, poetry, and storytelling, plus a host of guided exercises designed to alleviate depression and its symptoms. In addition, readers will find a host of inspiring quotes and writing samples from Schaefer's own students to encourage them along the way.

Writing through the Darkness gives readers precise ways to understand and organize negative thoughts, process their painful feelings, and, ultimately, gain insight into how to cope with their moods. Using the techniques in Schaefer's new book, readers will regain a sense of accomplishment as they work their way back to health.

"I believe if a person trusts the process of self-disclosure that happens naturally in writing, it can also lead them to treatment and healing. In Dr. Schaefer's writing group we do this together and it had become a wonderful form of therapy."

—Diane W.

Elizabeth Maynard Schaefer is a science journalist, editor, and author who suffers from bipolar depression. She has a Ph.D. in biological sciences from Stanford University and has been teaching a Creative Writing course for people with mood disorders through the Stanford's Psychiatry Department since 1988. She lives in the San Francisco Bay Area, and she is available for interviews.

Visit www.writeoutofdepression.blogspot.com

To download book covers, author photos, and press releases, visit our online press room at www.tenspeed.com/resources/tspkits.htm

Writing through the Darkness: Easing Your Depression with Paper and Pen

by Elizabeth Maynard Schaefer, Ph.D.

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