



Blest by the Dark Angel: Transformed and Healed through Depression

Ann Keiffer

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What happens when depression slams into you and your charmed life like a death-star meteor, blasting a smoking hole in the earth beneath your feet, dropping you into darkness and isolation, covering you over? How is it possible that this, the worst thing that ever happened to you becomes the very thing that saves you. What is spiritual healing? In *Blest By the Dark Angel* Ann Keiffer writes powerfully about what it is like to live through a clinical depression. The author was enjoying a successful career and adoring family, when she found herself in an abyss of melancholy. She turns her depression inside out, so we can see how it was made. But Ann's most extraordinary gift is her ability to integrate her experience and write of it so evocatively that her insights breakthroughs and transformative healing are accessible to her readers, too. Keiffer captures the mood and climate not only of her depression, but also of her healing process in this spirit-filled, tough, gripping, inspiring, beautiful, altogether loving memoir.

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