



# Carving Hope Out of Depression: Victory Over Darkness and a Path to Self-Love

*David Harder*

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**Carving Hope Out of Depression: Victory Over Darkness and a Path to Self-Love** David Harder  
DEPRESSION ● LONELINESS ● HOPELESSNESS ● SUICIDE

Words and feelings unspoken-yet screaming in the hearts and minds of millions!

Carving Hope Out of Depression-Victory Over Darkness and a Path to Self-Love is a personal account of how depression can push an individual toward suicide. Author David Harder shares his raw, real-life experiences, not for pity or to offer excuses, but to bring hope and life within every broken heart and mind.

Thinking that suicide was the only answer, he searched for explanations that would justify his death and end the pain. Misguided, he confused death with no more pain, but nothing could be further from the truth. Suicide leaves a tragic and mysterious abyss in the lives of families, friends, associates, and even casual acquaintances. No one can make sense of the loss-for the rest of their lives; they carry in their hearts the black hole suicide leaves behind.

This book is for you if you have experienced or struggled with any or all the following:

- You've turned to drugs, alcohol, or prescription meds to cope with life
- You can't understand how a "just" God allows such pain in the world
- You're in prison, hate your circumstances, and want to be free
- You grew up in a religious setting, yet your life is miserable
- You want to know why some turn to God in uncertain times
- You think you're tough and can handle any situation
- You smile on the outside but are hurting inside
- Your life seems empty and meaningless
- You're considering suicide

You're right! This book is for everyone-as all have experienced times of doubt and depression. BUT...there is hope, and within these pages you'll discover there are no thoughts or actions that can ever separate you from the most powerful love in the universe!

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