



Healing from Despair: Choosing Wholeness in a Broken World

Rabbi Elie Kaplan Spitz

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The suffering that brings you to despair and even desperation can?with healing?become a source of hope, purpose and blessing.

Are you:

Feeling anxious?

Feeling depressed because of the loss of health, a relationship or a job?

Grieving the loss of a loved one?

Grieving loss by a suicide?

Feeling hopeless?

Concerned about a friend who has suicidal thoughts?

This wise and helpful guide explores the nature of personal suffering and brokenness and the potential for personal crisis as a source of strength and renewal instead of despair and death. Examining the personal journeys of biblical and historical figures such as Moses, Maimonides, Abraham Lincoln and Martin Buber?as well as the author's own personal experience with despair?it looks at brokenness as an inescapable element of the human condition. It traces the path of suffering from despair to depression to desperation to the turning point?healing?when first-hand knowledge of suffering can be transformed into blessing.

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