



# Darkness Is My Only Companion: A Christian Response to Mental Illness

*Kathryn Greene-McCreight*

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**Darkness Is My Only Companion: A Christian Response to Mental Illness** Kathryn Greene-McCreight  
*Darkness is my only companion.* The words of the psalmist rang hauntingly true for Kathryn Greene-McCreight when she was in the depths of her mental illness. In this brave and compassionate book, she confronts the difficult questions raised by her struggle with bipolar disorder. This thoroughly revised edition includes a new foreword by Justin Welby, Archbishop of Canterbury, an afterword by the author, refreshed resources, and questions for group discussion.

"I am often asked by people who have read *Hannah's Child*, my memoir wherein I tell the story of what it meant to live with someone suffering with bipolar disorder, how to go on in the face of such an illness. I simply recommend Greene-McCreight's *Darkness Is My Only Companion*. I do so because the story she tells is shaped by her profound Christological commitments and wisdom, making this a book that we simply cannot live without."

--**Stanley Hauerwas**, Duke Divinity School

"Kathryn Greene-McCreight takes the reader on her private journey through the hidden world of mental illness. Personal, painful, and informative, this experience is shared so that others may be healed. This book is a must read for every person struggling with a mental health problem, every pastor that ministers to those in distress, and every family member whose loved one has been taken away from them by a mental disorder."

--**Matthew S. Stanford**, author of *Grace for the Afflicted: A Clinical and Biblical Perspective on Mental Illness*

"In this honest and poignant reflection Kathryn Greene-McCreight seeks to 'witness to the working of the triune God in the pain of one mentally ill Christian.' She does so beautifully, graciously guiding readers through the depths of depression and the cacophony of mania to the hard road of 'reconstruction'--always relying on Scripture and the prayers and hymns of the church to give voice to her experience. This 'extended prayer' of a book is a gift to the church and to anyone who seeks to walk faithfully alongside someone with mental illness."

--**Warren Kinghorn**, Duke University Medical Center and Duke Divinity School



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### **From reader reviews:**

#### **Yvonne Casey:**

Darkness Is My Only Companion: A Christian Response to Mental Illness can be one of your beginning books that are good idea. We recommend that straight away because this book has good vocabulary that can increase your knowledge in language, easy to understand, bit entertaining but still delivering the information. The writer giving his/her effort to put every word into joy arrangement in writing Darkness Is My Only Companion: A Christian Response to Mental Illness yet doesn't forget the main place, giving the reader the hottest and also based confirm resource facts that maybe you can be one of it. This great information can easily draw you into completely new stage of crucial thinking.

#### **Annie Smith:**

The book untitled Darkness Is My Only Companion: A Christian Response to Mental Illness contain a lot of information on it. The writer explains her idea with easy technique. The language is very clear to see all the people, so do not really worry, you can easy to read the item. The book was compiled by famous author. The author will bring you in the new era of literary works. It is easy to read this book because you can please read on your smart phone, or device, so you can read the book within anywhere and anytime. If you want to buy the e-book, you can open their official web-site and order it. Have a nice learn.

#### **Diane Morgan:**

Is it you actually who having spare time in that case spend it whole day by means of watching television programs or just telling lies on the bed? Do you need something totally new? This Darkness Is My Only Companion: A Christian Response to Mental Illness can be the reply, oh how comes? The new book you know. You are thus out of date, spending your time by reading in this fresh era is common not a geek activity. So what these ebooks have than the others?

#### **Alisa Gordon:**

That reserve can make you to feel relax. This kind of book Darkness Is My Only Companion: A Christian Response to Mental Illness was colourful and of course has pictures on the website. As we know that book Darkness Is My Only Companion: A Christian Response to Mental Illness has many kinds or variety. Start from kids until teens. For example Naruto or Investigation company Conan you can read and feel that you are the character on there. So, not at all of book tend to be make you bored, any it can make you feel happy, fun and unwind. Try to choose the best book for you and try to like reading that.

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