



The Power of Eckhart: My recovery from post-traumatic stress disorder and depression

Jennifer Barrett

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The Power of Eckhart: My recovery from post-traumatic stress disorder and depression Jennifer Barrett

An unusual and terrifying event in Jenny's late twenties triggered post-traumatic stress disorder, a condition she was to live with for more than a decade. Beginning in her teenage years, she also experienced a number of severe bouts of depression - including post-natal. Over time, Jenny tried various treatment options in an attempt to regain her mental health, with very limited and short-term success. Just as she despaired of ever experiencing happiness or peace again, in 2004 her life was turned around after reading the book "The Power of Now" by Eckhart Tolle. It is now ten years since Jenny's "miraculous" recovery from post-traumatic stress disorder and depression. This is the inspirational story of her journey, from childhood through to the challenges of youth and adulthood, and to eventually finding emotional health and happiness with the help of Eckhart Tolle's transformational book.

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