



# Holiday of Darkness: Psychologist's Personal Journey Out of His Depression

*Norman S. Endler*

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# Holiday of Darkness: Psychologist's Personal Journey Out of His Depression

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## **Holiday of Darkness: Psychologist's Personal Journey Out of His Depression** Norman S. Endler

A compelling personal account of his own mental illness by an eminent clinical psychologist and professor of psychology. Dr. Norman Endler relates the story of his depressive breakdown, including his early symptoms, his family's reactions, the effect on his work, the prognosis of the illness, and his therapy. His examination of the nature, antecedents, and treatment of depression offers valuable and accessible information and hope for recovery to those who suffer from its effects. Dr. Endler also offers valuable insights on controversial issues such as the stigma attached to mental illness, how the patient attempts to cope, and the use of drugs and electroconvulsive therapy (ECT) in treatment.

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