

Finding Peace and Wellness through the Power of Spirituality and Creative Expression

A Joyful Life

How to Use Your Creative Spirit to Manage Depression

Michèle Swiderski

Michèle Swiderski's mind was disintegrating.

Trapped in a cage of clinical depression and anxiety, Michèle was forced to leave her job and embark on the grueling process of rebuilding her life by retraining her brain, re-energizing her soul, and reconnecting with Higher Spirit.

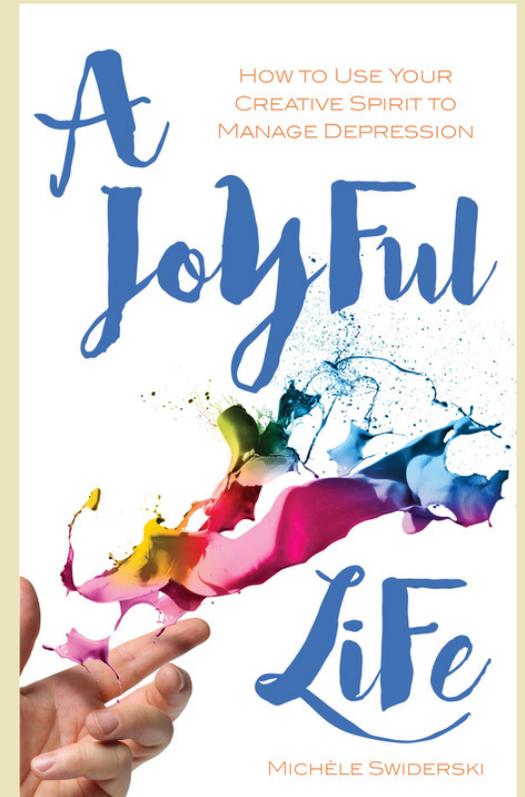
Over the course of a decade, she fought her way through mental illness by weaving together her passion for creativity with her belief in the creative power of Spirit. Through simple practices such as journaling, meditation, and crafting, she rediscovered the power of the creative spirit to rebuild her life.

In *A Joyful Life: How to Use Your Creative Spirit to Manage Depression*, Michèle eagerly shares her hard-won wisdom to guide others who are mired in depression. Reconnect with your best self and take your first steps to a place of health, hope, and happiness.

Highlights

- A holistic approach to managing depression, including medical, spiritual, and creative tactics
- Conversational, personal writing style that is easy to relate to
- Practical tips and recommendations for handling depression and anxiety triggers
- Specific suggestions for techniques and resources to help readers get healthy and stay healthy

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SELF-HELP / Mood Disorders /
Depression



Praise for 'A Joyful Life'

“Refreshingly honest, this book offers a first-hand grappling with one of the most insidious afflictions of our time. This is not about theory, but a painful, raw struggle and how Michèle Swiderski saved her own life using a constructive, hands-on approach. By laying bare her own intimate journey, she has laid down a practical wisdom that offers genuine hope.”

Tom Harpur

Author, "The Pagan Christ"

News Tie-ins and Core Messages

- The depression epidemic: Nearly 18 million adults in the United States and Canada suffer from anxiety and depression disorders.
- A comprehensive approach to treatment: Michèle Swiderski offers a pathway through depression that includes medication and therapy while also emphasizing spiritual wellness and connecting with one's core passions.
- A "seeker" spirituality: Raised a Catholic, Michèle cherishes her faith tradition while embracing a broader sense of Spirit that unites her with the natural world and attunes her to co-creation with the Universe.
- A practical resource: Michèle offers specific tips and exercises, drawn from her own experiences as well as the teachings of Matthew Kelly, Sonia Choquette, Marc Gafni, and other well-known Mind, Body, Spirit writers and speakers.
- The creative connection: Michèle encourages readers to indulge their spirits by participating in creative endeavors, from journaling to fine art to fabric arts and everything in between.
- Well-rounded wellness: Michèle is a self-taught expert in the relationship among physical, emotional, mental, and spiritual health.



About the Author

Michèle Swiderski is a creative. When not weaving, spinning, sewing, or knitting, she enjoys connecting with nature at her cabin in the woods. Over the past 15 years, Michele has struggled with depression and feels she is a better person for it. Recently retired from a career in public service, she is dedicated to raising awareness for mental health and shares her insights on her blog at micheleswiderski.com.