



Life After Darkness: A Doctor's Journey Through Severe Depression

Cathy Wield

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Life After Darkness is the remarkable and moving story of a doctor and mother of four who endured seven years of severe depression. Self-harm, attempted suicides and admissions to psychiatric units culminated in her resorting to brain surgery as a final attempt to escape her illness. The story of Cathy Wield covers the horrors of time spent in archaic institutions and the loss of any hope, to a full recovery following surgery. Today she has returned to her career and rediscovered the joys of life and her family. This story is one of hope from an often hidden and stigmatized disease.

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