

Out of the Nightmare presents a no-fault theory about depression and suicide. It argues that we should not blame the victim, the family, the caregivers, or society in general. It provides a detailed analysis of each of the barriers that stand between suicidal pain and recovery, and provides those who suffer from depression with hundreds of resources to find their way out of the nightmare. Recovery from depression is decomposed into recovery from envy, shame, self-pity, grandiosity, fear, stigma, prejudice, and the vicious circles of suicidal pain. The book helps sufferers find lasting relief from internalized negative self-judgments.

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