

SELF-HELP / DEPRESSION

\$14.50  
CANADA \$16.50

**“A most moving account of a terrible depression and a recovery.”**

Lewis Wolpert, Professor of Biology of University College, London, Author, Broadcaster

*Fragments of Hope* is the true story of a young, beautiful, intelligent woman in her twenties whose unique journey through a severe depressive disorder disturbs and baffles even the most respected and excellent doctors. A disorder which should have been fairly easy to diagnose and treat leaves this loving mother in an impaired state for over ten years. Throughout her life there were warning signs indicating what was in store but nothing could have prepared her, her family, or her doctors for the traumatic episodes that she was to encounter.

She speaks candidly about what it felt like to have lost the ability to feel and even think clearly, and how she fought desperately to live for the sake of her children. She writes of the amazing bond with her husband and how, although her illness had robbed her of so much, it was never able to destroy their incredible love for one another.



Abandonment and extreme phobias throughout her adolescent years, and childbirth in her late twenties paved the way for a relentless, life-threatening condition that consumed Deborah Hurley's mind and body. She speaks candidly about what it felt like to have lost the ability to feel, think, want, give and love and how she fought to live for the sake of her children.

Born and raised on Eastern Long Island, Deborah spent most of her life dancing and teaching young girls. She was an ambitious teen who loved to write to presidents, authors, teachers and newspapers. After the birth of her two children Deborah began suffering an intense and debilitating clinical depression.

[www.FragmentsofHope.com](http://www.FragmentsofHope.com)



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“Deborah Hurley has written an extremely introspective book that is full of soul baring, intimate experiences of her battle with depression. As a professional in the mental health field, this book has helped me to have a better understanding of the depths of this disease. Debbie is a brave survivor in the truest sense of the term and someone whom I deeply admire”

Jeanne Rubbo, LMSW

“The author provides an unflinching look at living with severe depression, and offers compassion and hope for those caught in its grasp.”

Camille Wortman, Professor of Psychology at Stony Brook University

“*Fragments of Hope* is incredibly descriptive of the author's deep struggle with serious depression. It will be enlightening for family members to truly understand the experience their loved one is going through with major depression. And for all those who suffer, to know, they are never alone, there is always hope, and mental illness can be successfully managed. Congratulations to Debbie Hurley for her ultimate courage in telling her heartfelt story, for it will truly help so many!”

Maureen Focht MS, NAMI Family Educator, Author, *Silent Heroes, Courageous Families Living With Depression and Mental Illness*



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HURLEY

Fragments of Hope

DEBORAH HURLEY

**“an unflinching look at living with severe depression”**

*from the depths*

*of depression*

*one woman*

*bravely reclaims*

*her life offering*

*hope to others*

# Fragments of Hope

