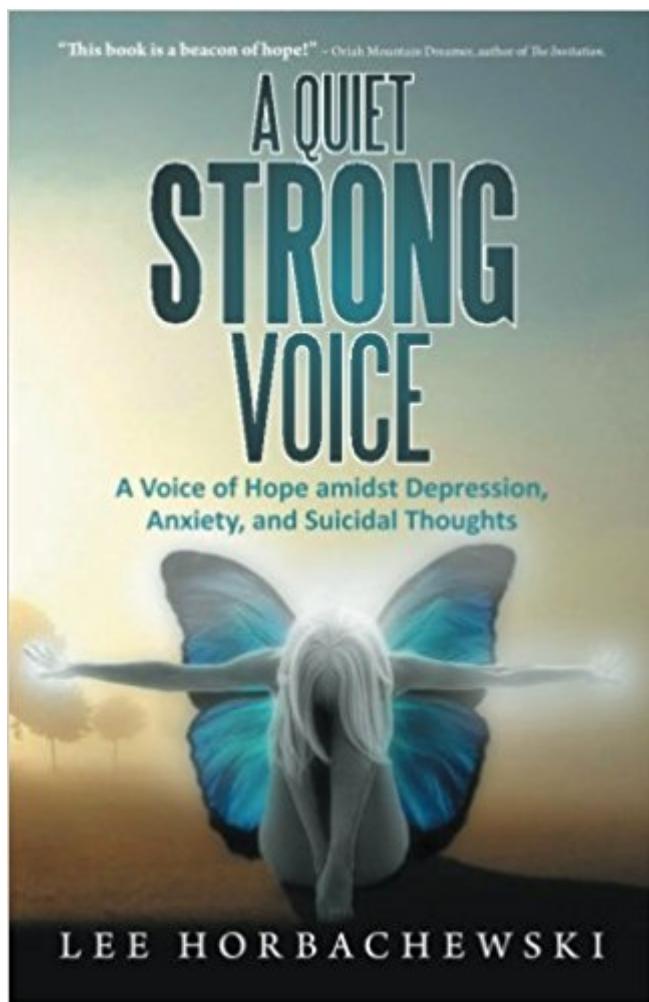


The book was found

A Quiet Strong Voice: A Voice Of Hope Amidst Depression, Anxiety, And Suicidal Thoughts



Synopsis

A Quiet Strong Voice is a raw, honest exploration of a torturous journey through depression, anxiety, and multiple suicide attempts. It also serves as a valuable toolbox of thought-provoking questions, steps, and resources. "Every so often someone will come along and gift you with the raw, honest reveal of their experience. A Quiet Strong Voice is that gift. Lee Horbachewski helps bridge the understanding of mental illness and brings forth a tremendous offering of tools in which one can begin to see their own quiet strong voice emerging. This is a gift to be shared"-Farhana Dhalla, bestselling author of Thank You for Leaving Me "A Quiet Strong Voice is a deeply personal and engaging story; it is a toolbox of practical and helpful tools, and it is a reservoir of peace and inspiration. Lee Horbachewski describes in delicious detail the tools and strategies she used to move down the healing path of denial, awareness, acceptance, and action. She pours her soul into the pages. Her insights dazzle and her compassion soothes"-Gemma Stone, registered psychologist, author, and speaker "A Quiet Strong Voice is a compelling piece of vulnerability, revealing the depths of despair, the dangers in depression, and the quicksand of suicide intention that can trap even the most beautiful, intelligent, and loving individuals. Lee Horbachewski bravely exposes the truth of her torturous journey through anxiety, fear, depression, and multiple suicide attempts. Her intimate description of frantic attempts to end her life pull you into the story, enmeshing your emotions, heart and longing for peace for this fragile woman"-Annette Stanwick, award-winning author of Forgiveness: The Mystery and Miracle

Book Information

Paperback: 148 pages

Publisher: BalboaPress (January 10, 2014)

Language: English

ISBN-10: 1452588627

ISBN-13: 978-1452588629

Product Dimensions: 5.5 x 0.3 x 8.5 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars (See all reviews) (28 customer reviews)

Best Sellers Rank: #1,312,258 in Books (See Top 100 in Books) #64 in Books > Health, Fitness & Dieting > Mental Health > Postpartum Depression #1517 in Books > Health, Fitness & Dieting > Mental Health > Depression #5709 in Books > Health, Fitness & Dieting > Women's Health

Customer Reviews

"A Quiet Strong Voice" is a true life and incredibly honest journey through the author's personal struggle with depression, anxiety and attempted suicide. Although she has struggled with it for many years, she shares her insights and feelings that she both went through during that difficult time, and afterwards in reflection. She doesn't hide anything, including adding excerpts from her own journals. Not only is her story shared, but the reader becomes empowered throughout the book. There is a sense of hope that allows us to know that despite how difficult it has been, there is always a way to make it through. I found this story very helpful and have since shared it with a number of people that have either gone through similar experiences or have been the support for someone struggling in the way the author did. I must say, reading this book brought me to tears and smiles on more than one occasion and I thank the author for sharing her journey.

I have read this book twice now. The second time it really hit home because I got how debilitating depression can be. I used to be one of those "snap out of it" thinkers until a loved one in my world suffered from depression and I learned firsthand that this uneducated thinking doesn't help someone who truly needs help. I love Lee's raw account of her journey. In fact, I wanted to hear more. The question "What I am pretending not to know?" stirred a new level of self-honoring in me that I didn't see coming. WHOA! And I love the helpful questions in the Personal Reflections section. I used them for processing some emotions I was experiencing. Brilliant! I'm giving this book a 5-star ranking because I think it meets someone affected by depression right where they are at. It educates, inspires and gives hope. It sure created greater understanding in me. And that's half the journey for loved ones watching someone go through depression. Thank you Lee for this transformational book. You model how beautiful a healing journey can be. May your book get into the hands of all who need it.

This book is a must for all those that have slipped into the darkness and depths of despair through depression and mental illness. When I received my copy from Lee and opened up the first page I didn't realize just how much it would grasp me.. to a point that it kept me reading until I had read the book in just one day... It is written in a way that you become Lee, you feel everything she writes, and there is no stone left unturned. I recommend this book as a helpful tool to anyone who needs help and to understand that they can come from the depth of breaking and rise again. Lee shows great strength and courage and with the support of a loving family and friends she has come through the otherside.. I have much admiration for this woman as a friend through fb and the page she runs there to. She is an inspiration to many ... I gave the book a five star rating because it explains all her

trials in great depth and detail..x

Life happens; we all experience ups and downs, we all have moments of weakness, moments of successes and moments of terror. What we don't always want to believe is that we are not alone. Ms. Horbachewski allows us to stand in her shoes, feel her emotions, read her thoughts, and react with her as we travel her journey alongside her. This story shows the author in her most vulnerable moments, those of us battling ourselves see, know and feel what she is going through. The end result is to Feel to your Core that you are: NOT THE ONLY ONE, You are Not Alone. This book can help those in the darkness find the light as well as those who have a loved one in the darkness understand that you cannot just 'snap out of it and be happy'. Honesty. Realism. Vulnerability. Tears. Failures. Love. Acceptance. Hope. Support. Openness. This book is all those plus more.. Thank you for sharing your story Ms. Horbachewski.

This book is a gift to the world. A true and heartfelt account of life amidst depression and anxiety. Lee shares her journey in such a way that she creates a safe space for others to follow and believe there is hope. We must be the change we seek in the world. Lee is both a change agent and a beacon of light. As someone who lost her father to suicide and watched in horror while her mother navigated depression and her own attempts at suicide. This book provides answers and eases the pain of loss. Thank you Lee for the courage, honesty, hope and inspiration you have shared. Jo Dibblee Author of the best selling book *Frock Off: Living Undisguised*.

This book by Lee Horbachewski provides much needed insight and information for those suffering from depression or helping someone who needs support. It took away any questions that I had and also gave resources for more information. Lee is about as honest as they come and she kept nothing back. You can tell she wants to share her story so that others might benefit from her journey. This is a powerful book but very easy to read. It was a pleasure reading about Lee's experiences through depression and suicide attempts, knowing that she chose to share it with the world. She's vulnerable and brave and it comes across in every page. I believe everyone can benefit from reading this book, even if you are not personally suffering from depression or anxiety.

Lee has a definite vision. She is dedicated to helping others and is fervently committed to have mental illness talked about as openly as cancer. Lee wants to reduce the stigma around mental illness and suicide by getting more people talking about it without judgment and fear. Lee

courageously exposes the truth of her torturous journey through depression, anxiety and three suicide attempts in her inspiring and compelling tell-all "A Quiet Strong Voice". This is a must read for all that are dealing with mental illness as well as family and friends that want to know how to support a loved one through this. Susanne Alexander-Heaton, Award Winning Author[...]

[Download to continue reading...](#)

A Quiet Strong Voice: A Voice of Hope amidst Depression, Anxiety, and Suicidal Thoughts Quiet Water Massachusetts, Connecticut, and Rhode Island, 2nd: Canoe and Kayak Guide (AMC Quiet Water Series) Quiet Water Maine: Canoe And Kayak Guide (AMC Quiet Water Series) Stage Fright and Performance Anxiety: An Essential Guide to Staying Calm and Focused Under Pressure - (How to Overcome Stage Fright and Performance Anxiety) The Pregnancy and Postpartum Anxiety Workbook: Practical Skills to Help You Overcome Anxiety, Worry, Panic Attacks, Obsessions, and Compulsions Mindfulness for Teen Anxiety: A Workbook for Overcoming Anxiety at Home, at School, and Everywhere Else (Teen Instant Help) The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry (Instant Help Solutions) Treatment Plans and Interventions for Depression and Anxiety Disorders, 2e (Treatment Plans and Interventions for Evidence-Based Psychotherapy) Behind my eyes: thoughts of the average teen: thoughts of the average teen Change Your Brain, Change Your Life (Revised and Expanded): The Breakthrough Program for Conquering Anxiety, Depression, Obsessiveness, Lack of Focus, Anger, and Memory Problems Beyond the Blues, Understanding and Treating Prenatal and Postpartum Depression & Anxiety Identifying Perinatal Depression and Anxiety: Evidence-based Practice in Screening, Psychosocial Assessment and Management The Cognitive Behavioral Workbook for Menopause: A Step-by-Step Program for Overcoming Hot Flashes, Mood Swings, Insomnia, Anxiety, Depression, and Other Symptoms (New Harbinger Self-Help Workbook) Overcoming Postpartum Depression and Anxiety Hypnosis Beginners Guide: Learn How to Use Hypnosis to Relieve Stress, Anxiety, Depression and Become Happier Telling Yourself the Truth: Find Your Way Out of Depression, Anxiety, Fear, Anger, and Other Common Problems by Applying the Principles of Misbelief Therapy Left to Tell: Discovering God Amidst the Rwandan Holocaust Libya: A Civilization Amidst the Dunes (Countries of the World) Eckhart Tolle's Findhorn Retreat: Stillness Amidst the World

[Dmca](#)