



# Depression Ate My Soul

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**by Sue Holt ISBN 13:** 978 1 84747 011 9

**Published:** 2005

**Pages:** 120

## **Description**

This is Sue Holt's second collection of poetry. Sue is a poet who suffers from mental distress. Her first book "Poems of Survival" was Sue's opportunity to open up the Pandora's box that contained memories of her past and her day to day struggle with manic depression, in doing this she was able to emerge to begin the slow process to accept her own worth.

## **About the Author**

Sue Holt was born in Liverpool in 1967 and is now living Rochdale. Shortly after the birth of her son, illness forced her to leave her job as a social worker. She was diagnosed with manic depression and has since been hospitalised on numerous occasions. In order to overcome her illness Sue developed her creative abilities, and started expressing herself through writing and sculpture. Now, having had her first collection of poems published, she is an effective campaigner fighting the stigma that surrounds mental illness. She has helped set up a group for fellow mental health survivors called 'Freedom' which provides support and training.

## **Book Extract**

### *The Book Launch*

I wrote a book  
Of past hurts  
Humiliation  
Pain.

The pain of insanity  
Of childhood sexual abuse  
My pain  
Locked within  
My body.

My mind broken  
Ravaged by madness  
Turned in on itself,  
Looked for answers elsewhere.

Answers came from above,  
A gentle voice in my mind.  
A delicate breeze  
Held me close.

God spoke to me  
About my "living hell"  
He told me of love  
Life in the future.

Faith,  
Faith was all I needed  
Such a simple concept  
Just believe.

I spoke of my emotional pain  
To others,  
They misunderstood  
I tried harder.

I told them of God  
And all He had said.

I was ridiculed  
My dreams dismissed.

I forgive them for this  
They were not to know,  
The truth  
Though it was clearly there.

Today I believe my faith  
Is truly recognised.

Although the voice  
In my head.  
Is still not considered  
To be God

That is ok  
I understand,  
The lack of faith  
In others.

I believe  
I will teach others  
About mental health  
One day.

Tomorrow.  
Sees the launch

Of my first book  
For me it is much more.

People are coming to see me,  
Hear me talk.  
Acknowledge my former pain  
And me.

I am beginning to feel accepted  
Not just by God  
By those around me.

My thoughts, feelings  
Emotions And  
opinions,  
Do count.

I feel deeply honoured  
That people  
Are willing to share their time  
With me.

Mental Health Is still very hush hush  
I dream I can  
help Help others  
speak.

Perhaps tomorrow  
Those gathered  
May see people  
In a different light

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#### **George Thomas:**

Spent a free time to be fun activity to perform! A lot of people spent their leisure time with their family, or their own friends. Usually they doing activity like watching television, planning to beach, or picnic in the park. They actually doing same thing every week. Do you feel it? Would you like to something different to fill your own personal free time/ holiday? Can be reading a book might be option to fill your free of charge time/ holiday. The first thing that you ask may be what kinds of publication that you should read. If you want to attempt look for book, may be the e-book untitled Depression Ate My Soul can be good book to read. May be it may be best activity to you.

#### **Jerry Brower:**

Within this era which is the greater individual or who has ability in doing something more are more special than other. Do you want to become considered one of it? It is just simple solution to have that. What you must do is just spending your time almost no but quite enough to possess a look at some books. One of several books in the top listing in your reading list is Depression Ate My Soul. This book and that is qualified as The Hungry Slopes can get you closer in getting precious person. By looking right up and review this guide you can get many advantages.

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