



Shades of Blue: Writers on Depression, Suicide, and Feeling Blue

From Seal Press

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The silent epidemic of depression affects millions of people and takes dozens of lives everyday, while our culture grapples with a stigma against open discussion of mental health issues. Editor Amy Ferris has collected these stories to illuminate the truth behind that stigma and offer compassion, solidarity, and hope for all those who have struggled with depression.

Contributors to *Shades of Blue* include:

- Barbara Abercrombie
- Sherry Amatenstein
- Chloe Caldwell
- Jimmy Camp
- Debra LoGuercio DeAngelo
- Marika Rosenthal Delan
- Hollye Dexter
- Beverly Donofrio
- Beth Bornstein Dunnington
- Matthew Ebert
- Betsy Graziani Fasbinder
- Zoe FitzGerald Carter
- Pam L. Houston
- David Lacy
- Patti Linsky
- Mark S. King
- Caroline Leavitt
- Karen Lynch
- Lira Maywood
- C.O. Moed
- Mark Morgan
- Linda Joy Myers
- Christine Kehl O'Hagan
- Jennifer Pastiloff
- Ruth Pennebaker

- Angela Giles Patel
- Alexa Rosalsky
- Elizabeth Rosner
- Kathryn Rountree
- Kitty Sheehan
- Jenna Stone
- judywhite
- Samantha White

Shades of Blue brings the conversation around depression and sadness into the open with real, first-hand accounts of depression and mental health issues, offering empathy to all those who have been affected by these issues.

It's time to scream out loud against this silent annihilator: We are not alone.

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Editorial Review

Review

“Thirty-five brilliant, vivid, edgy writers in Amy Ferris’s compelling new book, *Shades of Blue*, unflinchingly shout out the real true down-dirty story of the blues. These compelling tales of depression aren’t depressing—they are emblazoned with hope—because every person in this book is a survivor. A survivor who doesn’t flinch from explaining exactly how they climbed out of their own personal pit of despair. How they chose life. If you’ve ever been depressed, read this book. If you’ve ever lost someone to depression, read this book. I have no doubt whatsoever that *Shades of Blue* will save lives—maybe even yours.”

—**Laura Davis**, bestselling author of *I Thought We’d Never Speak Again*, co-author of *The Courage To Heal*, and founder of The Writer’s Journey

"I expected this collection to pull me into a maelstrom of darkness. Instead, story after story, I found myself surfacing into the light of appreciation and hope."

—**Victoria Zackheim**, author, playwright, and editor of *He Said What?*, *For Keeps*, and *The Other Woman*

"What a strong and searing light the writers in this amazing anthology shine on the thing we are so loathe to name. Depression and suicide grow in secrecy and darkness. What a feat to bathe them in understanding and humor."

—**Martha Frankel**, author of *Hats & Eyeglasses* and director of The Woodstock Writers Festival

“This is a brave book. No, this is a kick-ass, ‘get outta my way, despair/misery/isolation,’ ‘I’m gonna mess you up, depression’ tome. This book is a lifesaver. This book needs to go into the survivor/survival toolkit for every patient, friend, sister, husband, father, daughter, son, partner, neighbor, lover, kindergarten teacher, oncologist, nursing student, shopkeeper, artist, social worker, babysitter, the guy who fixes your car, his wife, the waitress at your favorite restaurant, your bartender, counselor. I challenge any of them, or you, or me, to feel alone with Amy Ferris’s book in our pockets. This book belongs to all of us who have ever felt the pang of despair or the full blown crush of depression, or worried about someone precious who may be struggling this very very minute.”

—**Nina Gaby**, editor of *Dumped: Stories of Women Unfriending Women*, and psychiatric nurse practitioner

"It takes great courage to get up in the morning when depression has closed in. It also takes courage to tell the truth about what it feels like to have lost hope. These brave essayists describe the darkness and their efforts, not always successful, to stare it down. By sharing their stories, they are making it a little easier for others to get up in the morning."

—**Suzanne Braun Levine**, author of *Inventing the Rest of Our Lives*

"*Shades of Blue* is a courageous venture into the darkness, out of which we inevitably emerge with a newfound light. There will be a point while reading this book when the words come alive with the preciousness of life. It was like being invited into someone's darkness and witnessing it in all of its devastating beauty—all its horror. It's a first-hand look into a beating heart. That sound of a heartbeat kept recurring as I read—probably my own. I felt pride and exhilaration for being alive. It was the very definition of inspiring. A tremendous gift."

—**Ana Surviladze**, author of *The Voice of a Falling Tree*

“*You’re not alone* is the grief-soaked message on every page . . . The contributors’ writing is often brilliant, and proves, at least, that depression—if confessed, illuminated, investigated, and shared—can defeat denial, and begin to help us heal.”

—**Mimi Kennedy**, actress and author of *Taken to the Stage*

“A ground-breaking, raw, honest new book that dives headfirst into feeling blue, depression, and suicide. Yes, even suicide. *Shades of Blue* must quickly become required reading in high school, in college, at church, around the family dinner table, and wherever people that care about other people gather. *Shades of Blue* can help us heal that which needs healing.

—**Tom Zuba**, author of *Permission to Mourn: A New Way To Do Grief*

About the Author

Amy Ferris is an author, editor, screenwriter, and playwright. She has contributed to numerous magazines and literary anthologies, and her memoir *Marrying George Clooney: Confessions From a Midlife Crisis* was adapted into an off-Broadway play in 2012. Ferris co-edited (with Hollye Dexter) *Dancing at the Shame Prom*, and authored the young adult novel *A Greater Goode*. Ferris has written for film and television, and was nominated for best screenplay for *Funny Valentines*. She serves on the advisory board of the Women’s Media Center and is an instructor for the San Miguel Writers’ Conference. She lives in northeast Pennsylvania with her husband, Ken, and two cats who think they’re human girls.

Users Review

From reader reviews:

Brandon Riddle:

This *Shades of Blue: Writers on Depression, Suicide, and Feeling Blue* tend to be reliable for you who want to be considered a successful person, why. The reason of this *Shades of Blue: Writers on Depression, Suicide, and Feeling Blue* can be one of many great books you must have is actually giving you more than just simple examining food but feed an individual with information that might be will shock your earlier knowledge. This book will be handy, you can bring it almost everywhere and whenever your conditions at e-book and printed types. Beside that this *Shades of Blue: Writers on Depression, Suicide, and Feeling Blue* forcing you to have an enormous of experience for instance rich vocabulary, giving you trial of critical thinking that we all know it useful in your day activity. So , let's have it and revel in reading.

Claudia Weidner:

Spent a free time to be fun activity to try and do! A lot of people spent their leisure time with their family, or their very own friends. Usually they carrying out activity like watching television, planning to beach, or picnic within the park. They actually doing same thing every week. Do you feel it? Do you wish to something different to fill your free time/ holiday? Could 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 e-book that you should read. If you want to attempt look for book, may be the e-book untitled *Shades of Blue: Writers on Depression, Suicide, and Feeling Blue* can be very good book to read. May be it could be best activity to you.

Cari Sexton:

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Robert Olsen:

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