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A DAY CALLED HOPE



A Personal Journey  
Beyond Depression

# Day Called Hope A Personal Journey Beyond Depression

**RS Peters**



## **Day Called Hope A Personal Journey Beyond Depression:**

**A Day Called Hope** Gareth O'Callaghan,2004-03-01 For years Gareth O Callaghan one of Ireland s most popular broadcasters suffered severe depression No one guessed that as soon as he was off air he would retreat to his bed sometimes suicidal thoughts and barely able to function as a husband and father of three small children In this candid and courageous account he describes the nightmare he and his family lived through for so long He looks back to his childhood where he believes his low self esteem took root and traces a pattern common to many As soon as he was diagnosed Gareth began a determined fight back to health Now fully recovered and no longer on anti depressants he has emerged with a deep understanding of how depression takes hold and how to loosen its grasp Here he shares his insight practical knowledge and convictions in a mission to spread hope to all those affected by it *The Solved System* , **What Matters Now** Gareth O'Callaghan,2021-03-25 Heart breaking and uplifting I defy anyone to read this memoir and not be affected by O Callaghan s honesty and humanity Irish Times In 2018 after receiving a life changing diagnosis broadcaster Gareth O Callaghan retired from full time work and gave up the career that he had loved for decades In this deeply personal and inspiring memoir he tells that story from the moments after his doctor uttered the words Multiple System Atrophy a progressive and incurable neurological disease that ultimately carries a fatal prognosis to his struggle to come to terms with a life unplanned Recounted with insight and searing honesty What Matters Now reveals how regardless of circumstance we can choose how we live to the fullest A stunning and life affirming account of the power of the human spirit and the potential for hope even in the darkest times For me this is not a choice It s all I want namely a full and loving life that I strive to choose every day over everything else considering that maybe the big odds are heavily stacked against that But I don t care what the odds might be I ll keep defying them for as long as I can keep fighting and living *The Stress Handbook* Dr Abbie Lane, ISBN 978 1 78605 049 6 **The British National Bibliography** Arthur James Wells,2004 *Books Ireland* ,2005 **The Builder** ,1929 *System* ,1923 **The Christian Advocate** ,1926 *Journal of the Switchmen's Union* Switchmen's Union of North America,1910 **Michigan Christian Advocate** ,1897 *The Listener* ,1930 **American Lumberman** ,1907 **Rough Notes** ,1889 A journal devoted to insurance and the industries **Norfolk and Western Magazine** Norfolk and Western Railway Company,1933 **Michigan Manufacturer & Financial Record** ,1915 *Messenger and Visitor* ,1916 *Friends' Intelligencer* ,1918 *Friends' Weekly Intelligencer* ,1916 *The American Flint* ,1938

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