



Seeing Beyond Depression

By Jean Vanier



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One of the great spiritual writers of our time explores how we can move out of the darkness of depression into the light.



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Seeing Beyond Depression By Jean Vanier Bibliography

• Sales Rank: #1213965 in eBooks

Published on: 2005-12-03Released on: 2005-12-03Format: Kindle eBook

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Editorial Review

Review

If we need a friend during the times that depression brings, then Vanier offers himself as one of those friends. -- *Spiritual Book News*

Its author has lived long and intently with what he describes so his assessments are lucid and his prescriptions credible. -- *Prairie Messenger (Saskatchewan)*

About the Author

JEAN VANIER, the son of former governor general Georges Vanier, was educated in England and Canada. After eight years in the Royal and the Canadian Navy, he went to study in France, where he received his doctorate in philosophy, later teaching at St. Michael s College (University of Toronto). Distressed by the plight of people with developmental challenges, he founded L Arche communities, and Faith and L ight, two international networks of communities for people with disabilities. With many bestselling books and humanitarian awards to his name including the Pope Paul VI International Prize, the International Peace Award and the Companion of the Order of Canada Vanier lives in Trosly, France, in the original L Arche community he founded in 1964.

Users Review

From reader reviews:

Lacey Clements:

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Karen Jude:

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