



# Escape from Dark Places: Guideposts to Hope in an Age of Anxiety & Depression (Morgan James Faith)

*Ambra Watkins*

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Young people today are tech-savvy, confident, and positive. They are also stressed, anxious, and depressed. One in four young adults between the ages of 18 and 24 has a diagnosable mental illness, and the number is growing. So what is the problem and how can we help?

A motivating story of triumph over anxiety and depression, *Escape from Dark Places* shares a mother's journey to find answers to her son's anxiety and depression. Her discoveries offer a new framework for intergenerational dialogue that will enable all of us--parents, grandparents, church leaders, and mentors--to be part of the solution.

Moms and others traditionally sidelined from the recovery process can learn how to play a critical role in empowering young people to:

- Accomplish a more stable sense of self to enable feelings of contentment and fulfillment
- Filter out the noise of technology and the Information Age to reduce stress and anxiety
- Initiate a stronger conversation about prevention and recovery that can better drive attitudinal change
- Think about the big life questions that enrich lives with meaning and purpose
- Attain real world life skills that enrich interpersonal relationships and promote success in the workplace

*Escape from Dark Places* offers guideposts toward mental and spiritual health that will inspire societal and spiritual reconnections, fight indifference, stop the stigma, and spread hope.

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