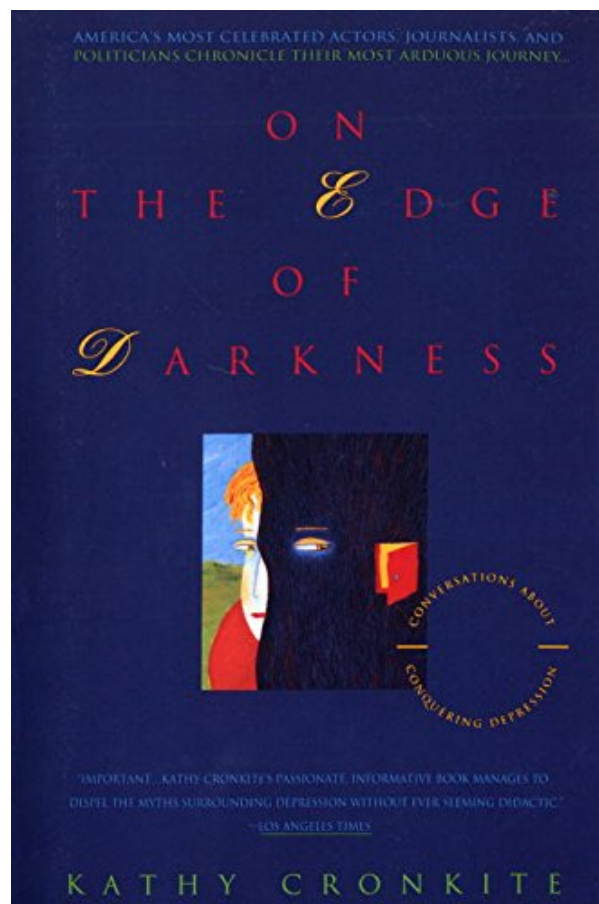
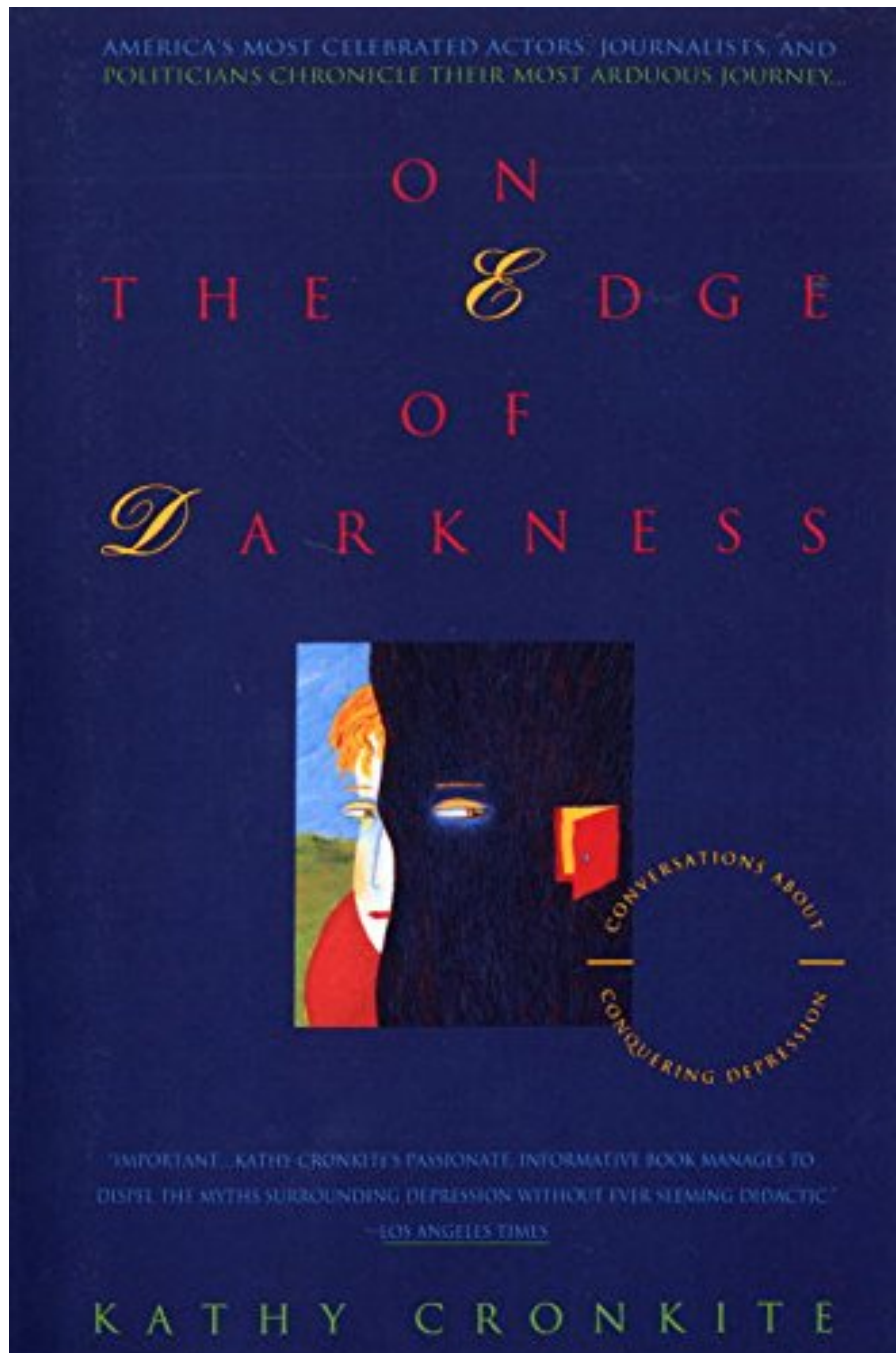


# ON THE EDGE OF DARKNESS: CONVERSATIONS ABOUT CONQUERING DEPRESSION BY KATHY CRONKITE



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From Publishers Weekly

Cronkite's central message is that long-term depression is a real disease and is treatable, though finding the treatment best suited to a particular individual can be a lengthy trial-and-error process. Herself a sufferer from clinical depression since childhood, she interweaves her own experience and interviews with medical experts as well as first-person accounts by celebrities who have overcome the debilitating effects of depression. Testimonies by Joan Rivers, Mike Wallace, Kitty Dukakis, John Kenneth Galbraith, Rona Barrett, William Styron, Dick Clark and others are organized around specific themes such as substance abuse, suicidal impulses and overcoming stigma and shame. Although Cronkite ( *On the Edge of the Spotlight* ) leans toward a biochemical approach, she does not neglect psychological treatments like cognitive therapy, and her inspirational survey, despite its patchwork quality, will serve as a life raft to many. Copyright 1994 Reed Business Information, Inc.

From Library Journal

In this passionate, riveting book, Cronkite deepens our understanding of an increasingly recognized malady, clinical depression. The feeling of hopelessness, lack of self-esteem, and other symptoms that are its hallmarks are frequently accepted as "normal" and so are left untreated. By interviewing famous personalities such as Joan Rivers, Rod Steiger, and Jules Fieffer--all of whom reveal their intimate battles with depression--Cronkite helps remove the stigma associated with this ailment. She touches on every aspect of depression, including denial, feelings of guilt and shame, links with creativity, genetic influences, the rejection of help from loved ones, effects on family members, and incidence in young people and the elderly. Her interviews with medical professionals provide important pointers in understanding and identifying depressive illness. This outstanding, uplifting resource is recommended for most collections. Previewed in *Prepub Alert*, LJ 11/15/93.

- Carol R. Glatt, VA Medical Ctr. Lib., Philadelphia

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"I was ashamed. It was a confession of weakness. For years, depression meant the crazy house. As I look back at it, [my shame] just seems damned foolishness, which is one reason I talk about it now."

--Mike Wallace

"Toward the end I couldn't get up. I just physically couldn't."

--Kitty Dukakis

They have made the impossible climb into the spotlight and attained their brightest dreams. But for Mike Wallace, Kitty Dukakis, William Styron, Joan Rivers, and countless other people struggling against the debilitating effects of depression, life's most challenging battle is waged not in the public eye, but in the darkest recesses of the mind. In her brilliant new work, Kathy Cronkite gives voice to dozens of celebrated professionals who have endured--and conquered--the hopelessness of chronic depression. Most of all, this courageous book brings a ray of hope to the 24 million Americans who live in the shadows of this misunderstood disease, yet bravely seek a path toward the light. You will learn:

What to do when the sadness won't go away.

Why women are most vulnerable to unipolar disorder.

How substance abuse can mask the symptoms of depression.

The latest therapeutic options for children who are affected by their own--or a parent's--illness.

Which effective new treatments can lift the burden of depression--for up to 90 percent of people who suffer from it!

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Features

- Great product!

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43 of 43 people found the following review helpful.

Excellent book for anyone who feels alone in depression

By A Customer

I wish I had read this book 3 years ago when I was first diagnosed. Hard as I tried to confide in family and friends; and hard as I tried to explain, there was really no one who understood. Ms. Cronkite's book is the first I've read - and I've read many - that truly made me feel as if I was not alone in my world of depression. It is honest, sometimes more so than I really wanted to admit. But it is also tremendously comforting and,

most of all, it inspires hope. Anyone who has, or knows someone who has, depression, can benefit greatly from this book. I know it is a source I will turn to again and again

7 of 7 people found the following review helpful.

A Wonderful Gift from a Gifted Communicator

By Allie Sue Gottwald

I bought the original hardcover edition when it came out, and breathed sighs of recognition and relief as I read it, and read myself into it. I recently ordered five more copies for friends and family who could be helped by it. I admire Ms. Cronkite for coming forth to tell her own story, which I desperately needed to hear. This, and her knowledge of celebrities who also suffer from depression, made me believe I could truly accomplish my own goals in life, and help others who suffer from clinical depression. The most helpful book I have read on the subject.

19 of 24 people found the following review helpful.

Look somewhere else...

By A Customer

...if you want to be touched by a book. I have read multiple books on depression and this one was the most disappointing. It was surprising to see so many favorable, gushing reviews for this book.

This book is advertised as different people telling their story about their depression. Reading it, you get the impression that there are no individual voices in this book. It was edited in such a way that all those that are telling their story sound like they are speaking in the same tone, in the same voice. Even stunningly brilliant writers, like William Styron, end up sounding flat and robotic. It is strange.

A lot of the stories were disjointed, and there were random snippets thrown in here and there that were entirely out of context for the subject being discussed.

What I am trying to say is that if you want to have your soul touched, try something else. This book is flat and has little flavor. Depression is such a fascinating and complex subject, and this book does not do it justice. There are MANY better books out there. I suggest "Unholy Ghost".

On the Edge of Darkness fails to capture the essence, the hopelessness, the poignancy of depression. It does not convey any human emotion, but reads like fortune cookie gone wrong. It fails to bring you to the edge.

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