



Darkness Is My Only Companion: A Christian Response to Mental Illness

Kathryn Greene-McCreight

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Darkness is my only companion. The words of the psalmist rang hauntingly true for Kathryn Greene-McCreight when she was in the depths of her mental illness. In this brave and compassionate book, she confronts the difficult questions raised by her struggle with bipolar disorder. This thoroughly revised edition includes a new foreword by Justin Welby, Archbishop of Canterbury, an afterword by the author, refreshed resources, and questions for group discussion.

"I am often asked by people who have read *Hannah's Child*, my memoir wherein I tell the story of what it meant to live with someone suffering with bipolar disorder, how to go on in the face of such an illness. I simply recommend Greene-McCreight's *Darkness Is My Only Companion*. I do so because the story she tells is shaped by her profound Christological commitments and wisdom, making this a book that we simply cannot live without."

--**Stanley Hauerwas**, Duke Divinity School

"Kathryn Greene-McCreight takes the reader on her private journey through the hidden world of mental illness. Personal, painful, and informative, this experience is shared so that others may be healed. This book is a must read for every person struggling with a mental health problem, every pastor that ministers to those in distress, and every family member whose loved one has been taken away from them by a mental disorder."

--**Matthew S. Stanford**, author of *Grace for the Afflicted: A Clinical and Biblical Perspective on Mental Illness*

"In this honest and poignant reflection Kathryn Greene-McCreight seeks to 'witness to the working of the triune God in the pain of one mentally ill Christian.' She does so beautifully, graciously guiding readers through the depths of depression and the cacophony of mania to the hard road of 'reconstruction'--always relying on Scripture and the prayers and hymns of the church to give voice to her experience. This 'extended prayer' of a book is a gift to the church and to anyone who seeks to walk faithfully alongside someone with mental illness."

--**Warren Kinghorn**, Duke University Medical Center and Duke Divinity School

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