



Crushed: A Journey Through Depression

Linda Bjork

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"I have felt that way my entire life. I am worthless. I am a nobody."

Author, Linda Bjork chronicles her journey from anxiety, depression, and brokenness back to wholeness and happiness, but it isn't about her, it's about all of us who are broken and crushed. If the process works for one, it should work for all since we're dealing with the same issues. Although she had no hope and felt doomed to a life consisting of merely existing and enduring, I'm pleased to say that she was wrong, and it's one of those times when being wrong is a really good thing.

Crushed: A Journey Through Depression Details

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JPC says

I could never have anything but high praise for someone who is open, candid and honest about their own journey (and it's tough for me to use journey rather than struggle) through depression. A very sincere well done to the author for that. No, reading one womans journey doesn't suddenly make everything make sense, but it is powerful in itself to read and know that though our lives and experiences are different, we all struggle and we are not alone. Thank you Linda, for a great read.

*** I received a copy of this book from the author/publisher through a Goodreads giveaway ***

Mary says

Very informative book

Cindy says

An amazing and beautiful story

Aimee says

Goodreads giveaway

Linda says

This is a candidly raw and honest account. Deeply moving.

Kammie says

This book will make you realize that there is hope and ways to assist you as you experience feelings you thought you could not live with. This book is raw and may cause you to think how those around you might be shielding their true emotions. Take time to read and share this book with those who you feel could benefit knowing that help is available and we can rewrite our scripts.
