



VERLAGSGRUPPE PATMOS

The publishing group that captures the spirit of life

PATMOS
ESCHBACH
GRÜNEWALD
THORBECKE
SCHWABEN
VER SACRUM

Martin Duda

Light in the Night of the Soul

How Reading Helps in Case of Depression

ISBN: 978-3-8436-1059-9

Patmos Verlag

Softcover with flaps

160 pages

Format 14 x 21 cm

EUR 16

- The first book on the topic of therapeutic reading in depression
- For affected persons, relatives and therapists

Depression is a frequently recurring topic in literature. Unlike many scientists and medical practitioners, poets and writers have direct and holistic access to the shadow aspects of human experiences. Many works of world literature have a healing and therapeutic effect on readers with depressive moods. When reading, the thoughts that were previously running in circles calm down, become organised and clear. Positive feelings arise and we see the reality with different eyes, increasingly finding the way back to ourselves. With his selected texts and book tips, bibliotherapist Martin Duda offers support for self-help. He shows how reading can contribute to escaping the hopelessness of depression.

About the author

Martin Duda, theologian, existential-analytic consultant and logotherapist, works at his own practice in Dortmund. He is also a lecturer in adult education. One of his main focal points is therapeutic reading in psychotherapy.



Contact:

Verlagsgruppe Patmos der Schwabenverlag AG

Luisa Lehnerer, Foreign Rights Department

t: +49 711 4406 148

f: +49 711 4406 177

lizenzen@verlagsgruppe-patmos.de

www.verlagsgruppe-patmos.de