

Depression As A Choice  
How to live a depression free life;

By Rev. Kimberly Ann

## **Chapter 1**

### **15 Years of Wrist Slashing Depression**

From the bed, I could see the alabaster claw footed bathtub that was in my bedroom. I would lie in bed and look over at the bathtub and envision filling it with warm water, sitting in it, and slashing my wrists. I imagined the scene in great detail. I could see my crimson blood mixing with the warm water in swirls as I bled out. I relaxed into the sleepy, comforting feeling of dying in the warm water. Fantasizing about killing myself this particular way was always the better part of my day. Why such a violent method? I don't know.

Other days I would hide razor blades around the house so that when I passed by them I would get a high. I had a razor blade sitting over the kitchen sink so that when I washed dishes I could have the fix that I craved. Thinking about killing myself gave me a fix. Washing dishes became this chore that I didn't mind doing because I could concentrate on that razor blade as it beckoned to me.

Another day I dressed up in a pretty outfit and took a razor blade to work. Having the razor blade with me at work provided another fix making my work day more tolerable. At some point in my work day I went to the bathroom and begged for the courage to run it across my wrists. Why couldn't I do it?

Alternatively, when driving on the freeway I would imagine purposefully driving into the cement pylons. This was not my preferred method of suicide however because I felt there was too much room for error. I did not want to mess up and simply hurt myself. Also, I did not want my car accident to possibly involve other cars and other people. After all, I wanted to kill myself, not other people. Still, imagining smashing myself into a pylon gave me just enough high to get through my commute.

Depression is exhausting. It feels physically heavy as if there are weights on your shoulders. Everything and everyone seems to add to your misery and no one can console you. Sometimes you are so miserable that your vision is impaired. It seems as if you have blinders on the side of your head and you can only see through this very tiny tunnel and your eyes hurt because it's such a strain trying to focus.

I spent 15 years contemplating death in the two manners described above until that last day. The last time that I thought of killing myself I was on my way home from work. I was wondering why I always thought of such painful ways to die? Why didn't I ever plan to kill myself the way that my Uncle had killed himself?

My Uncle killed himself when I was eleven years old by parking his car in his garage and sitting in his car while it was still running. He died of carbon monoxide poisoning. On my drive home from work I decided that his method was far less painful than mine and I would try his method immediately.

It's important to note that I was not particularly sad that day. I was not particularly depressed and it had not been a bad day. Practicing depression on a daily basis becomes a habit just as easy as anything else you practice. It's a misperception to think that a suicidal person is upset about a particular thing. They may simply have a habit they can't break. This was certainly the case with me.

As soon as I arrived home I parked my car in my tiny garage and shut the door and kept the car running. While sitting there I was strangely calm and wondering about my Uncles last moments. I wondered aloud: In which seat did my Uncle sit? Did he lay the seat back or sit straight up? Had his decision been sudden like mine or had he planned it for some time? Did he have a difficult day that day or was he just tired of it all like I was? How long was this going to take? Who would find me here like this? Who had found my Uncle? Why didn't I know more about my Uncle?

Then suddenly I began to laugh. It occurred to me that I was sitting in my brand-new Toyota Prius and would sooner die of old age than carbon monoxide poisoning since my Prius was an electric car with no emissions. I decided then that clearly, I needed help.



## **Chapter 2**

### **A Little Bit About Me**

There is no attending sad story as to why I suffered for 15 years with depression. No list of horrible things that had occurred that would cause me to want to slash my wrists and just die. My childhood was whimsical and carefree. My mother was loving, a good provider and she made sure I was surrounded by family who loved me dearly. I grew up in a middle-class home that was for the most part filled with lots of love.

My maternal grandmother had depression during an age where woman with depression were treated with Valium. “Valium is an addictive sedative-hypnotic drug from the central nervous system depressant family of narcotics.”<sup>1</sup> I have been told that my grandmother and her neighbor used to share Valium. In my grandmother’s day depression was not popular and not treated well. There seemed to be limited choices for helping her. Her son was my Uncle who killed himself when I was eleven. I never knew he had depression. He did not talk about it and he never appeared to be depressed. Since he killed himself, it is believed that he suffered from depression.

---

<sup>1</sup> <http://drugabuse.com/library/the-effects-of-valium-use/>

Perhaps I have a genetic predisposition for depression and perhaps that is why I “got it”. Perhaps the depression was flying around the house and landed on me? Maybe I had a depression gene that lay dormant in me until that one day. What one day? Is it genetic? Many believe depression is a disease that must be managed with anti-depressants. My family, having lost my Uncle has bought into one of those explanations. Why wouldn't they? My Grandma was depressed, my Uncle was depressed, and certainly I was depressed. And there are so many studies and doctors who will support at least one of those explanations.

With much of science agreeing that depression is a disease the question is how do we solve the issue? During my 15 years of suffering and even today the standard method of treatment is prescription pills and counseling.

A doctor first labels you with some diagnosis of depression and writes you a prescription and sends you to a psychologist. I am not discounting the use of anti-depressants. There is a time and place for anti-depressants. But this cannot be the only idea we have. Why can't we have more choices? Why is our immediate thought to label and prescribe?

I was diagnosed with having depression. I was diagnosed with the kind of depression that alters your life, your interest in things, your moods, your productivity, and your will to live. I was told that my depression would last for years or a life-time. Still the studies on depression had come a long way since my grandmother's time so I enjoyed the benefit of better medicines that were not narcotics. I also had the benefit of psychologists and improved social awareness on the subject.

In my years of suffering there was as greater social awareness but it was still taboo to “have depression”. During my depression, there was a push for people to help identify persons who displayed symptoms of depression so that we could prevent suicides. The idea of saving people’s lives was being born and becoming popular. Still, even now, there is a stigma but programs exist to help those stigmas start to disappear by educating people.

Even so, those programs advocate labeling the patient with some diagnosis of depression so that a treatment protocol can be ordered. They do not talk about permanent solutions or even other ideas that go beyond victimizing the person. When we say people suffer from depression, when we tell them this is who they are, we unwittingly victimize them.

To some, that depression is possibly a genetic disability or disease is comforting news. People need explanations that are palatable. We need explanations that do not hold ourselves personally responsible. It wasn't my fault because I suffered from depression. Have you ever heard anyone say "Oh she has depression that's why she acts like that"? This kind of mentality holds a depressed person in a victim role.

For 15 years I took anti-depressants, visited various psychologists, and occasionally contemplated killing myself. Some of the results I created during this time include three marriages ending in divorce, a string of boyfriends and one night stands and of course a variety of other failed relationships. I treated life without regard to consequence.

It was nice to know that all my destructive behavior was related to suffering from depression and none of this was my fault. If I kept taking my anti-depressants I could live a decent life, if you call that decent. When viewing my destructive behavior my family members could point to my depression as the reason for my conduct thus bringing them some amount of comfort in my actions.

Even with anti-depressants I still turned to things outside of myself for happiness. I ate a lot of ice-cream, I slept a lot, and I sought comfort from men. In retrospect, I'm happy that I had not turned to alcohol as a source for happiness but I can see how easy that would have been. I ate ice-cream until I weighed over 205 pounds. I was eating ice-cream because I was depressed and I was depressed because I was eating so much ice-cream.

Then I would take naps all the time so that I could sleep through my depressing day. What a wicked behavior cycle that is!

Sometimes I would try to get off my anti-depressants without doctor supervision. This never worked out well for me. I was back to holding razor blades to my wrist within 3 days without meds. So back on the pills I would go.

Then I would be even more depressed because I had failed. I had failed to kill myself and I had failed at getting off meds. It was a never-ending circle of pain. So, I would grab another bowl of ice-cream and another pill and go take a nap or go sleep with some man I barely knew. This was a viscous cycle that always ended up with me feeling like a failure.



Important lesson learned:

Never try to get off your medication on your own. Always seek help from the doctor who has prescribed the medication to you.

## Chapter 3

### Depression Feels Like This To Me:

At first I didn't even know I was going through a depression. It looked like this: Running around from man to man, having sex with whomever I wanted to. That doesn't seem depressing, does it? I rather enjoyed it until I realized all that running around did not achieve the one thing I really wanted. I was looking for someone to love me. I did not love myself but I was looking for someone to say that I was good enough. Every time I got attention from a man I felt loved. To the depressed me, sex equaled love. That was the thought process of a very naive, uneducated, depressed and immature me.

Sometimes I would have a relationship that lasted a little longer. I had a 2 year, 4 year and 6 year marriage. I had other relationships that lasted one or more years. Still I was looking for approval from men. I never let a man go without having another man already lined up to be my next conquest. Someone was always on hold. I needed attention. I needed acceptance. I needed love.

In between all these men there were serious times of depression. Sometimes my vision was tunneled so that I could barely see what was in front of me. I could not see peripherally – it was dark to my left and right. My eyes felt heavy and my eyesight was dim. My head hurt and my shoulders felt like the weight of the world was resting on them.

Other things that seem unrelated but aren't: I made poor decisions. With depression, I was not thinking straight most of the time. Even on medication I thought about killing myself. Almost every decision I made had a poor consequence. My thoughts were erratic. My actions were impulsive. With every consequence I endured I had more depression. I kept failing so I kept feeling depressed.

Why do depressed people want to die? The answer is simple, because depression HURTS. Everything I described above hurts. It's physically painful and indescribable. The pain is all day, every day. Or, if you are on an anti-depressant it's not every day because the med's leave you in a semi zombified state of being unable to feel anything. But when the pain is there, it hurts and it feels like being dead MUST be a better alternative to feeling the pain.

Do you wonder why? Because thinking of being dead is a release from the pain. A break from reality. A way to escape.

Thinking of not having to go through this one more day gave me just enough of a high to get by.

Thank god for me that just thinking of killing myself provided a release. Other people, like my Uncle must not feel that release with just the thought of it so they actually follow through with their death plan to get a release, to escape their pain.

Have you ever felt this way?

## Chapter 4

### There Isn't One Solution.

The title of my book is Depression As A Choice. Am I really saying that having **depression IS a choice?** In the short context of just being asked that question the answer is no because a person in the midst of their depression doesn't have a clue what their other choices are. Depression is their default choice because they 'have' depression. But this idea is old and antiquated, it labels people and keeps them in the role of a victim **and never permits them to change in a permanent way.**

What I am proposing is when we diagnose someone as having depression we immediately show them what their other choices are so that **their depression becomes a choice**. This idea requires a very long explanation that you must sit still for if you are to understand. The reason that I would say that depression is a choice is long and involved.

If a person with depression is given proper education and explanation about what is really going on for them during their depression and if they are also given better tools and have the ability to converse and learn, then a person with depression can absolutely choose to remain depressed or choose to move on to being healthy and happy. How can I say this? I say this because I did this. If I can rid myself of 15 years of wrist slashing depression, and if I can walk around today as a person who no longer identifies with 'being depressed' then others can achieve this too.

**Today, for me, being depressed would be a matter of choice.** A choice to NOT use the tools I do use, a choice to ignore the things I have learned, and a choice to go backward instead of forward. But today I choose to be happy so I do use my tools and the things I have learned so that I do move forward instead of backward. Either way my result is created by my choices. My ministry supports the use of tools and education to move in a forward moving direction every day so that your daily choices support being happy. And in that way, if you suffer from depression, but you know what your other choices are, clearly you are choosing it. **What I'm really saying is: It appears that depression is not a choice only because no one ever tells a depressed person what their other choices are.**



Pointing out that happiness is a choice to a depressed person is not helpful. I firmly believe that by properly arming persons who have depression with new choices, new tools, education and reprogramming you can show them what their other choices are.

It's at this point where **depression is a choice**. After being armed with new tools, you would need to choose to use them. After learning a variety of educational materials, you would need to implement what you've learned. This is reprogramming and creating new habits. These choices create a different result than depression. Or, you can choose to not use the tools, not integrate the educational materials, and keep your old habits and your depression. Still, at every moment from here on, you are choosing a specific result.

Not everyone is a candidate for what I'm proposing. But probably thousands or tens of thousands are. Who is a candidate? I've been around many depressed people. It's my experience that depressed people who are already seeking answers, who can have conversations, and who are willing to try things –these people are candidates for my ministry and for what I'm proposing.

Who is not a candidate? I have met other people with depression who cannot converse. That is to say, they don't really listen during the conversation. My ministry would define being able to have a conversation as the ability to listen as well as reason. They can take in information and process it as well as add to the conversation with their own thoughts while being open to the discussion.

There are so many depressed people who cannot have a conversation and therefore do not meet my definition of being a candidate for my ministry. For those of you who enjoy conflict and want to ask me right now, is their depression really a choice then? As illustrated previously, if I cannot present to them what their other choices are then they can't choose. In the case where you cannot present other choices to a depressed person then it will feel to them and to the world that they don't have a choice. I have met depressed individuals so married to their depression that they talk about it all the time. "Oh, the reason I behave this way is because I'm depressed". It's almost as if it comforts them. Those persons would not be a good candidate for my ministry.

In this chapter I use the words “my ministry” and it sounds authoritative. In essence it is. I have achieved something extraordinary and I have been successful at it and that makes me an authority on me and how I did it. But I don’t want the reader to assume that I think that I have “the answer” to solving this problem of depression. There is not one answer. There is not one way. There are many many answers and many many ways to do almost anything you want to do including ridding yourself of depression. My ministry is just one way. **The point is that there ARE ways and we should immediately explore those ways when diagnosing people with depression.**

Even in my ministry there is not just one idea that I will teach you, there is not just one process, there is not just one method of anything.

My process as an individual struggling with depression involved a myriad of things. There was a lot going on, the gathering of tools, education, learning to apply the tools and education into my life, forming new habits and reprogramming myself. Accordingly, my ministry is tailored to each depressed person individually. But using the same idea, together we will find the tools that fit you, the education that makes sense to you, and you will form new habits that fit your life style and you will reprogram yourself.

My process to rid myself of depression included:

- Seeking a better understanding of God
- Reading to educate myself on topics of depression, religion, and behavior
- Taking seminars related to living a life on purpose, and being a person of integrity
- Reading a lot of books on diet, nutrition, physics, and quantum physics
- Seeking knowledge, to be smarter
- Admitting there were important things I wanted to change about myself
  - I wanted to be more mature
  - I wanted to be smarter
  - I wanted to make better decisions
  - I wanted to be less aggressive

- I wanted to know who I was as opposed to who I was allowing myself to be
- I wanted to stop being depressed
- I wanted to be a peaceful person

It's important to know that these things were going on at the same time as my depression. So, if you could read the last chapter and this chapter at the same time, this was my life. In a way, it was terribly confusing. I had all this depression, but when my anti-depressant was being really effective I was able to contemplate complex ideas like quantum physics. Depressed people rarely contemplate quantum physics. I had all this anxiety and darkness and thought about killing myself, but then I would attend a seminar and learn important life lessons.

It was a whirlwind of learning and hurting. It was an odd combination of events that was my life.

I suppose that some people suffering from depression do not have this second step also going on. My Uncle must not have had this going on. I think it must have been good for me that this was going on because ultimately, in my garage, I was able to reason that I needed further help. And in some way, all this research I had been doing prepared me to hear and learn the things that set me free.

It's important for you to understand that what happens next in March of 2009 would not have happened had all the other items not occurred. In retrospect, I can see that all of the things I was exploring and learning despite my depression were the building blocks of accepting what was going to happen in March of 2009.



Another reason this is important is so that you may note that while I give March of 2009 events credit for setting me free, the event is still just one step of many steps. **Again, it's important to note that there is not ONE neat and tidy easy answer to get rid of depression.** It is my experience that to rid yourself of depression you must go through a process and then you must commit to a continuing education of yourself for the rest of your life.

We need to learn to recognize and identify persons with depression who are already trying different things. It's a healthy sign when a depressed person wants to learn something. Those are the people to whom I write this book because they are ready to get rid of their depression. Depressed people need to feel that they can change. This is important when you want to die, to know that things can change. YOU can change.

The key to change is that you want it, that you seek it out, that you allow yourself to try something different. If you are seeking change then I am writing to YOU! It is the little steps that one practices that are the building blocks for the bigger steps. You cannot take the bigger steps without first taking the little steps. The easiest way to have you understand me right now is to give an example.

Read the following sentence.

Depression is a choice.

This statement that depression is a choice is too big. It is the bigger picture and out of context it is unbelievable.

People who know people who suffer with depression won't even contemplate the statement and people suffering with depression can't hear you say it. People who have lost a loved one to suicide will throw this book in the fire and never consider that I am living proof of what I have written.

I wouldn't go around loosely saying that depression is a choice. I would want to ease you into this concept by showing you what the alternatives to depression are.

If you have ever cared for a loved one who suffers with depression it is easy to believe that depression is a disease and that we must treat it with anti-depressants and therapy. No one else has presented you with any other idea or solution.

Since I have overcome 15 years of depression and I live a depression free life I'm here to offer you a solution. You have a lot of unlearning and then new learning to do. As I stated before, and I will state repeatedly, there is a place for anti-depressants and therapy. They are useful. They are some of the little steps you can take to help you move on to taking the bigger steps. I am an advocate FOR anti-depressants and therapy. But I believe that people do not need to be permanently labeled and medicated. I believe that many depressed people can learn to live depression free. I end this paragraph by reminding you that if you are currently on medication **KEEP TAKING YOUR MEDICATION** as prescribed.

If you want to be depression free and free from anti-depressants there are many steps that you need to take and depending on where you are in your current treatment, it can feel daunting. **You need to sit with someone like me who has already conquered depression, someone who can guide you on your path of freedom.** Is it worth all the hard work it takes? YES, it is.

The life I live now is depression free, anti-depressant free and doctor free. I have lost 65 pounds. I look forward to every minute of my life and I enjoy my life. It's worth it to me to take these steps and to continue taking steps every day that lead me to the healthiest version of me that I can be. I strongly believe in advocating for the self and that putting myself first is the healthiest thing I can do for me and for everyone around me.

Today, I'm a business owner, a Minister, a Notary, and an Author among other things. I enjoy a wide variety of activities and topics. I explore life and I appreciate everything much more now than when I had depression.

Is it worth all the hard work?

YES, it is worth all the work that it took to get here. My life is so different today, that talking about my old depressed self feels weird, as if I am talking about someone else. I embrace this life. I want you to embrace your life, love your life and live your life depression free. You can do this. Or as I like to say, you Kann do this!

## **Chapter 5**

**March of 2009**

After the incident in my garage I decided I needed help. I wanted help that was different. My daughter had attended a seminar. I could see the remarkable changes in her life after taking the seminar. So, I decided I would take the same seminar. You never know what piece of education is going to speak to you personally and that is why education is paramount.

At the seminar, I learned something new. I heard concepts I had not heard before. I was prepared to listen and learn.

I was immediately able to integrate the concepts into my life and in March of 2009 I began a depression free life.

There is nothing else significant about March of 2009, it is simply the date I took this particular seminar. Remember, it is a long process to get rid of your depression. There is no ONE right answer. But education is vital.

If I were reading this book I would want to know which part of the seminar had such a profound effect on the writer. So, let me tell you, it truly is a combination of all of the education, application of what I learned, the forming of new habits, advocating for myself, reprogramming myself and using new tools that helped me to become depression free.



There is not ONE item that will remove your depression. **You must go through a process and you must begin to live your life on purpose and you must commit to a more excellent life.** In a way, you must reprogram yourself and this takes time and effort.

Attending this seminar or any one particular seminar will not in itself rid you of your depression. Many people I know with depression have taken this same seminar and have not achieved the results that I have.

My ministry is about assembling a **variety** of things pertinent to the individual that in combination works for them.

My services are catered around each individual because my process is not a cookie cutter product. The process you need will vary from the process I need.

There are common elements that I may teach you and share with you and together **we will discover the blueprint for a complete reconstruction of your habits so that you are happier and so that you no longer identify with being a depressed person.**

After using my process it's my guess that you may want to go off your anti-depressant as I have. I encourage you to decide this with the doctor that prescribed the medication to you.

After demonstrating your new lifestyle, you and your doctor can devise a plan to remove medication from your daily life.

The following is an outline of the process you will go through with me when you choose to use my services to rid yourself of depression:

## **Chapter 6**

### **Can you hold a conversation?**

If you have been diagnosed with depression of any kind and you have been given a prescription, continue to take your prescription. You need to be able to think, be willing to converse, be willing to hear new concepts and be willing to try on different things. If you are not willing or able to do this first step, then you are not ready to read the rest of this book. It is ok, perfectly ok. I'm not here to judge you. I'm here to support you. But you must get to this first step.

How do I get to this first step? Perhaps some of you never will. Some people with depression are so wrapped up in their stories that they will not talk about anything concerning change.

Some people are wrapped up in their psychosis...that is to say that without a doubt they believe the things they believe and you cannot talk with them.

Do not beat yourself up if you fall into this category.

You are who you are. You are perfect the way you are. It's ok to not be ready.

Other people are not yet on the correct anti-depressant or an effective anti-depressant and their idea of a conversation is to talk endlessly about their problems.

Step one requires that you can hold conversations on other topics.

How do you know if you are on the correct anti-depressant or an effective anti-depressant? Your doctor will help you with this. It is a difficult process that you must be patient with. Finding the perfect anti-depressant is an important task that you must set your mind to do. Because with the right anti-depressant you will be open to talk with. **That's the key to the first step – can anyone talk with you?** If I can talk with you, if you are open to a dialog where we each get to speak and ask and answer questions then you are prepared to learn something new. **When you are prepared to learn something new you have completed the first step.**

Did you notice I said “talk with”? Depressed people do not need to be talked TO. Depressed people need to be talked WITH. This distinction is important.

When someone talks *to* you they do not leave any room for conversation and very little room for learning. Talking *with* someone is an opportunity to share ideas with each other. If you were in my office for a consult, we would talk with each other. When I was seeing psychologists and doctors concerning my depression they talked *to* me. Sure, they asked some questions, but when it came time to diagnose and treat me they talked *to* me. They labeled me, wrote me a prescription, and sent me home. I don't find this helpful.

Let's get to step 1 mastery level...

How do you master step 1?

- Take your medication every day
- Be open to talk with me (or in this case to read this book)
- Be open to listening as well as adding your own input
- Always remind yourself, you do not know everything, and since you don't know everything you may as well be open to learning something
- Insist on listening to new ideas, or reading about things you never considered before and
- See if you can use any of that information to improve your life

If you can master step 1, well the rest is much simpler.



## **Chapter 7**

### **Creating Healthy Habits**

Depression is a result of many fixable things such as repetitive negative self-talk, the retelling of sad stories, fighting for our limitations, practicing depressing habits, insisting on being a victim, dwelling, refusing, and believing that you are something that you are not.

The remaining “steps” are listed as bullet points because there is no specific order to put them in. My program requires that we visit each of the following points to practice them into habit. That is, to create healthy habits that point toward happiness and away from depression.

- **What are you eating?** The importance of eating healthy cannot be overstated. You must feed your body food, not junk. As part of my ministry duties to you, you will receive a complete audit of your diet. We will discuss your eating habits and we will edit your pantry. We will take a look at your state of health as it appears the day I meet you and we will devise a plan, set a goal, and you will work toward that goal every day for the rest of your life. I will point you in the direction of many nutritional programs including ones that I use but you will pick something that fits you and your life.

- **Do You Exercise?** Just like eating properly, the importance of fitness cannot be overstated. I'm not writing a book on fitness, there are many books and resources that you may read that will teach you why exercise is so healthy for you. Just note, that you must move every day in a direction toward better health and this involves some sort of exercise. It does not matter what the exercise is. It matters that you do something. I believe it is more effective if you enjoy it. I will encourage you to choose activities that you enjoy, preferably a number of things that you enjoy and do them often as part of your fitness routine.

As of this writing, some things I do to exercise are creek walking, walking, hiking, biking, kayaking, yoga and punching my punching bag.

Having a large variety of activities that I enjoy means that I can mix things up all the time so that I never get bored with my fitness routines.

An important component of getting out of your depression and living a depression free life is having some sort of fitness activity built into your daily or weekly life.

- **Relationships:** My ministry stresses that the most important relationship you are in is the relationship you have with yourself. My program will help support you in this idea by showing you how all your relationships improve by simply attending to your relationship with yourself. Do you like who you are? Do you love yourself? Who are you allowing yourself to be? Who do you want to be? We will explore the answers to these questions in order to launch you toward success in all of your relationships.
- **Spirituality:** My ministry is non-denominational and supports every religion or non-religion of your choosing. My ministry provides a non-judgmental view on this subject and the topic is only explored with persons who feel they want to touch on the subject.

- **Hobbies:** A sure way to help yourself succeed in creating a healthy happy life free of depression is to have interests. My ministry encourages the exploration of life and its many topics. You never know what you like until you try on different things. Establishing habits of exploration and developing interests outside of yourself is healthy and leads to many benefits that all point away from depression.
- **Do You Like Yourself?** Liking who you are and understanding the difference between who you are and who you allow yourself to be is an important topic. It goes hand in hand with...
- **Advocating For The Self:** This is our number one task in my ministry.

- **Values:** We will define your personal values and discover how you currently violate your stated values. Then we will re-direct your behaviors so that every day you are supporting your stated values.
- **Charitable Giving:** I advocate the giving of your time in some charitable way as a means of both giving back and of expressing yourself in ways that point toward happiness and fulfillment.
- **Finances:** We touch on finances so that any monetary concerns you have will not impede on progressing forward to a happier life. Many people have financial worries and there are things we can learn to do to help ourselves no matter what our income is.

- **Career:** We will discuss your happiness levels with your chosen career and make changes where necessary.

**This is not a complete list. It is an example. It's meant to represent areas that I attend to in my own life so that I may live a depression free life.**



## **Chapter 8**

### **inJOY**

I've shared with you something very intimate. I've shared with you my journey and my incredible results. I'm not special, or superhuman. I'm just like you. If I can create this result, you can too. It's not impossible because I've achieved it. It's not too hard or I wouldn't be able to sustain my result. It's worth the time and effort. You are worth the time and effort.

The point to this entire book is to show you that there are other choices besides depression. I suggest that perhaps we can use education and other tools to eliminate depression from appropriate persons instead of lumping every depressed person into the role of a victim.

Contact me today for a free consult which will include an intake form that will help clarify if you are a candidate for my ministry. It is then that you and I will determine if you would benefit from the program. The program usually takes 12 months. The fee for the program is reasonable. There are never hidden fees or agendas. I'm happy to discuss my fees with you up front.

Since you have come this far with me by reading my book, take another step, and contact me. My contact information is at the bottom of every page in this book.

It is with love and respect that I write this book ...inJOY !

*How does one describe a spiritual being entering into their dark world at the most crucial time? An angel, a gift from God? I don't know, there are not enough words to express the meaning and the place in my heart that this beautiful human being has: Kimberly is my spiritual sister, a person that helped me through my darkest moments and has been a part of my life ever since. I have come across many people in my life, but none as beautiful as her. Stanislav Tsiperson*

*Kimberly mentors you to find unconditional love, not only for others, but for yourself. She gently explains how everyday can be a new day, that you don't need to live by the thoughts and memories that hold you captive mentally. Some of her theories are to reinvent yourself, find the good in every situation. The choices are yours....choose happiness! Because Happiness Rules, Belinda N.*

*In life, there can be defining moments when something happens for you that changes the way you move through this world. Kimberly Ann gave me such a moment when she helped me put down the anger I was holding in my heart and to discover the beauty of moving forward without it. Only then did I become a completely happy person with the ability to live my life to its fullest. Her gentle way of helping me come to this realization on my own made it all the more impactful. She truly has a gift for helping; for healing. John Rolf*

*During one of the most difficult and darkest of hours, a bright and radiating light came into my life. I was supported, encouraged, and uplifted -it was time for my dearest friend and mother to pass. Through words and gestures, understanding and life was brought to me. I was given tools not only to survive, but to see and think differently. Each day I continue on this journey. Thank you my dear friend Kimberly Ann. Kelley Stewart*

*Kimberly is a first class coach who really gets to, and understands the needs of each individual client. She offers a toolbox of solutions and engages others to use them in a very resourceful way. She really met me exactly where I am with my issues and helped me get to a higher and better place. Also, she has an inspiring attitude and she walks what she talks. My highest praises for Kimberly. David J. Kramer*

*I have known Kimberly for over 7 years. I have seen the changes she has made in her life. She is a no nonsense type of girl. She is a beacon of truth, in a world of lies. Cindy Manzie*

*Kimberly Ann is both spiritual guide and a life coach one can connect with in the deepest ways. One who listens and understands my hardships from her own personnel experiences. One who will walk with you to the light but will never try to lead you there, it's our path to find. Kimberly Ann, life coach and friend. Brian C.*