



# Up the Down Hill: One Woman's Struggle to Survive Major Depression

*Rozanne Paxman*

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## **Up the Down Hill: One Woman's Struggle to Survive Major Depression** Rozanne Paxman

Imagine waking up in a mental institution. Now, imagine that you are a woman who has a deep testimony of Jesus Christ. You have a wonderful family. You have a good job. You appear to be successful in every way. What would cause you to become so convinced that your life isn't worth living that you need to be hospitalized for your own protection? Up the Down Hill is the story of one woman's journey to the valley of despair and back. Up the Down Hill is an affirmation of hope and comfort. It is a witness to those individuals who suffer from depression that life can be joyful once again. "This book is a gift to us all. Most of us, in some way, have been touched by the hand of depression, whether within ourselves or through the association of those we love. If you suffer from depression, Up the Down Hill may help you in your journey. It may help you find strength, begin needed changes, start restoring a relationship, or commit to not giving up. You may discover within yourself the light, put there by God, which is a reminder that He is there and He will see you through the challenges of this life journey." Larry Beall, Ph.D. Director, Trauma Awareness & Treatment Center

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Depression can to be your brand-new friend when you're feel alone and confuse with what must you're doing of that time.

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