

# Thank God for Depression

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## Synopsis

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What if everything you think or know about your own depression is entirely wrong? What if your depression isn't a bad or evil thing? What if your depression has intelligence and consciousness? What if your depression is trying to teach you something and lead you somewhere? What if there is a big beautiful reason and meaning for your depression that you have no idea about yet? What if your depression is the best thing to ever happen to you? What if one day you will wake up and say, "Thank God for depression"? *Thank God for Depression* presents a roadmap for all of these questions. Telling stories from his decade in a professional rock band and misadventures on psychedelics, author Kyle Nicolaides delivers one of the funniest, most deeply spiritual, and profound books about depression you will ever listen to. Change your relationship with depression, change your life. It's time to alchemize your depression into your greatest gift.

## Reader's comments

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