



Shattered Secrets

Sandra A. Gallagher

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That couldn't be her diagnosis: clinical depression? However, it was the diagnosis to explain her frequent bouts of intense tears, overwhelming feelings of sadness and loneliness, and difficulties in functioning in her marriage and raising her daughter. Yet as she wrote her autobiography, *Shattered Secrets*, author Sandra Gallagher sought to explore the origins of her depression and understand what God wanted her to learn during this emotional trial. Sandra felt she was in control of her life, the middle child in a family of six children, and was determined to carve her own path in this world. Her strongest influence in embracing who she was came from her youngest brother, Dwight, who had Down syndrome but didn't let his condition dictate his life. His passing at age twenty, as well as her father's passing a few years later, led Sandra into a downward spiral and heightened her depression. A few bright moments came into her life with her marriage to husband Pat and the birth of their daughter Alex, but Sandra still struggled with her debilitating depression and inability to ask for the help she needed from others. However, little by little, Sandra realized God was trying to reveal to her His ability to help her heal from her medical condition and thrive again in life. *Shattered Secrets* is an engaging, heartfelt story of the challenges that arise for those enduring clinical depression and how not only does the person with depression suffer, but also those of their family and friends. Sandra voices eloquently every meaningful moment in her life, whether they were joyful events or arduous trials, to confirm the necessity to turn events over to God and let Him lead the way to recovery and the person's true purpose. Clinical depression may have had a grasp on Sandra's life for years, but through God, it no longer determines her life's path.

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From reader reviews:

Charles Green:

Playing with family in the park, coming to see the ocean world or hanging out with friends is thing that usually you will have done when you have spare time, then why you don't try factor that really opposite from that. One activity that make you not experience tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of knowledge. Even you love Shattered Secrets, you may enjoy both. It is fine combination right, you still wish to miss it? What kind of hangout type is it? Oh can happen its mind hangout guys. What? Still don't get it, oh come on its known as reading friends.

Kenneth Handy:

Shattered Secrets can be one of your starter books that are good idea. We all recommend that straight away because this reserve has good vocabulary which could increase your knowledge in terminology, easy to understand, bit entertaining however delivering the information. The writer giving his/her effort to place every word into joy arrangement in writing Shattered Secrets nevertheless doesn't forget the main point, giving the reader the hottest and based confirm resource information that maybe you can be considered one of it. This great information can drawn you into completely new stage of crucial imagining.

Andres Edelman:

This Shattered Secrets is brand new way for you who has curiosity to look for some information since it relief your hunger of information. Getting deeper you onto it getting knowledge more you know or else you who still having tiny amount of digest in reading this Shattered Secrets can be the light food for you because the information inside this book is easy to get by means of anyone. These books build itself in the form and that is reachable by anyone, yes I mean in the e-book type. People who think that in e-book form make them feel sleepy even dizzy this e-book is the answer. So there isn't any in reading a book especially this one. You can find what you are looking for. It should be here for a person. So , don't miss the idea! Just read this e-book variety for your better life and also knowledge.

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