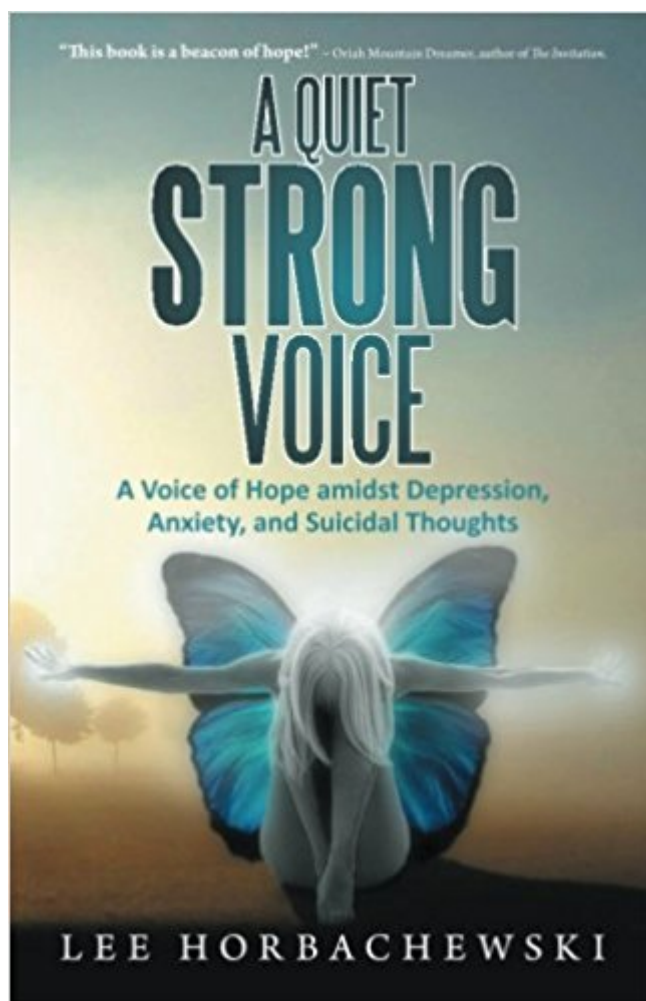


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# A Quiet Strong Voice: A Voice Of Hope Amidst Depression, Anxiety, And Suicidal Thoughts



## Synopsis

A Quiet Strong Voice is a raw, honest exploration of a torturous journey through depression, anxiety, and multiple suicide attempts. It also serves as a valuable toolbox of thought-provoking questions, steps, and resources. "Every so often someone will come along and gift you with the raw, honest reveal of their experience. A Quiet Strong Voice is that gift. Lee Horbachewski helps bridge the understanding of mental illness and brings forth a tremendous offering of tools in which one can begin to see their own quiet strong voice emerging. This is a gift to be shared"-Farhana Dhalla, bestselling author of Thank You for Leaving Me "A Quiet Strong Voice is a deeply personal and engaging story; it is a toolbox of practical and helpful tools, and it is a reservoir of peace and inspiration. Lee Horbachewski describes in delicious detail the tools and strategies she used to move down the healing path of denial, awareness, acceptance, and action. She pours her soul into the pages. Her insights dazzle and her compassion soothes" -Gemma Stone, registered psychologist, author, and speaker "A Quiet Strong Voice is a compelling piece of vulnerability, revealing the depths of despair, the dangers in depression, and the quicksand of suicide intention that can trap even the most beautiful, intelligent, and loving individuals. Lee Horbachewski bravely exposes the truth of her torturous journey through anxiety, fear, depression, and multiple suicide attempts. Her intimate description of frantic attempts to end her life pull you into the story, enmeshing your emotions, heart and longing for peace for this fragile woman" -Annette Stanwick, award-winning author of Forgiveness: The Mystery and Miracle

## Book Information

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## Customer Reviews

"Lee Horbachewski's book is a beacon of hope to those who are experiencing the darkness of depression, anxiety or thoughts of suicide. ^ Those who are struggling and those who care for someone who is suffering will find inspiration, hope, and a wealth of resources in this book. ^ With ruthless honesty and deep compassion for herself and others Lee shares her story and reminds us all of the choice to open again and again to learning and life."- Oriah Mountain Dreamer, author of The Invitation

"It is so inspiring to hear about the depth of Lee Horbachewski's illness and how she worked on her recovery. ^ It is a very hopeful, heartfelt story that will reach people who are suffering or who have been there in the past. ^ Lee writes so well, that I could picture her in the settings she describes. ^ I also appreciate chapter 9 for the resources, making A Quiet Strong Voice very practical for people to use. The other staff and executive director of SPRC are very impressed as well."^ - Barbara Campbell, RSW, Men at Risk Coordinator at Suicide Prevention Resource Centre, Grande Prairie, AB

"A profoundly helpful, heartfelt and authentic book by a brave and beautiful soul. ^ An opus of overcoming! ^ There are many books written about depression but very few cut to the heart of the matter like this one. ^ Highly recommended."- Jeff Brown, author of Soulshaping

"Lee Horbachewski hits the mark by her honesty about all emotions she was experiencing. Most importantly, she highlights the importance of acknowledging all emotions so that they can be seen and heard. ^ I appreciated her vulnerability, and believe this book is a valuable resource."^ - Tessa Burns, Registered Psychologist and Owner of Serenity Now Wellness Centre

"Lee has given us a powerful insight into depression by sharing her journey. ^ It is a must-read to ensure we are aware of the hidden symptoms of this life-threatening illness. ^ You will relate to her pain and to her family's pain, and you will, most of all, understand the journey of recovery; you will cheer for her awakening out of the darkness. ^ We all know someone with depression, and they deserve our understanding. ^ When you read A Quiet Strong Voice, you will understand."- Melanie Hayden-Sparks, Founder and President of Graduit Network

Lee Horbachewski is a certified professional coach through Erickson College International. She has delivered her message of courage and advocacy as a speaker to thousands of people. Through her personal experience and those of many of the people she has worked with, she believes the first step in starting the healing journey is to feel heard, loved, and accepted-beginning with self. She is a quiet strong voice of hope, inspiration and authenticity for millions of people impacted by mental illness. Lee lives with her husband and two daughters in Calgary, Alberta, Canada.

I am a psychologist and I treat war veterans, the majority of who are Vietnam Veterans. Yes, older

men. Nonetheless, I chose this book for one of my books in a bibliotherapy group I run, taking a chance that they would go running when they saw the angel/butterfly on the cover and a book written by a woman. They LOVED this book and related greatly to the author's struggle with depression, anxiety and suicidal attempts. More importantly, I asked if Mrs. Horbochechski would do a phone conference with the veterans once they completed the book. She did so and the veterans were able to learn even more about how to cope with their own struggle through the author's sharing and her generosity. Her words are so open and beautifully put. Thank you for helping others by what you do.

A Quiet Strong Voice answers many questions most people are too afraid to ask out loud, but so desperately need on depression, anxiety and suicide. Lee Horbachewski spares no words in describing the emotional turmoil she went through. The path this book leads you down touches your heart and soul because it is an issue which directly and/or indirectly effects every person on this planet. The courage Lee shows in writing about her struggles with depression and anxiety and how it nearly cost her, her life is absolutely incredible. She shows unparalleled leadership in writing about her struggles. This story is inspiring for anybody who has been touched by mental illness and it is a must read for anyone trying to understand the issue better.

I have read this book twice now, and both times, have gleaned something more eye-opening from it. The honesty, compassion and depth in which it is written is a gift to anyone going through similar struggles, as well as those who know someone who is. The tools in this book are invaluable - they also help to erase the negative stigma attached to mental illness. This is a must read for anyone and it deserves to be shared with everyone you know. No matter what your personal struggles are, you are not alone.

Lee Horbachewski eloquently described the terror and loneliness that accompanied her on this journey through her own darkness. She speaks with wisdom and love, and having not only survived this experience, she now lovingly holds her hand out to all of those whose lives have been touched by similar darkness. She beautifully exemplifies the power in asking for and allowing others to help us! She is an inspiration! I highly recommend this book!

A well written, easy to comprehend, "must read" book for anyone wanting to better understand anxiety & depression for themselves or in others, so that mental wellness can be achieved! ... The

extra copies I purchased & gave as gifts have also been thoroughly enjoyed by everyone :)

Very inspiring. gave me hope and great inspiration to take time to repair myself. I gained great affirmations and simple insights on how to live. i are currently on the journey to learn how to live this book gave me the hope to strive to do it.

This book really helps you put into perspective just what people going through depression feel - the hopelessness and helplessness. It gives a resounding message of "you are not alone."

Right on target. I was fascinated in how closely her story matched mine.

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(depression cure, depression books, depression and anxiety, ... emotional intelligence, mood disorders)  
Depression Treatment Naturally & Depression Self Help: 21 Non-Medical Depression Cures To Stay Happy For Life (depression cure, postpartum depression, ... depression self help, depression free)  
Anxiety: Anxiety Cure Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly (BONUS- 30minute Anxiety Coaching Session- Anxiety Cure, Become Free, 10 simple ways)  
Deeper Voice: Get a Deeper voice Quickly, Become a Leader: Proven way to deepen your voice:(Low pitched voice, Attractive Voice, Voice Singers, Manly Voice, Charisma, Power)  
Postpartum Depression Cure: The Self-Help Guide To Overcome Depression After Childbirth (Post partum anxiety, Post partum weight loss, Post partum depression)  
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Cognitive Behavioural Therapy: 7 Ways to Freedom from Anxiety, Depression, and Intrusive Thoughts (Happiness is a trainable, attainable skill!)  
Cognitive Behavioural Therapy: 7 Ways to Freedom from Anxiety, Depression, and Intrusive Thoughts  
Cognitive Behavioral Therapy: Techniques for Retraining Your Brain, Break Through Depression, Phobias, Anxiety, Intrusive Thoughts (Training Guide, Self-Help, Exercises)  
The Depression Workbook: A Guide for Living with Depression and Manic Depression, Second Edition

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