

## Book Reviews

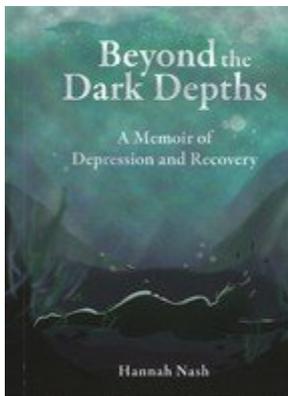
Book reviews are welcomed from all members, not just those in the Reading Groups. Please email your reviews to Margaret Mason [margaret@u3a-llandrindod.org.uk](mailto:margaret@u3a-llandrindod.org.uk)

These following reviews come from Rev Bob Shorter

### Two Helpful Books by local authors

In these difficult times many people are suffering with their mental health. These two very readable books, both by local authors living in Llandrindod Wells, might well be of help or interest and are available from Verzons Bookshop in Middleton Street 01597 825171.

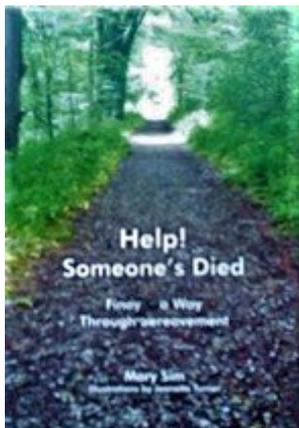
**'Beyond the Dark Depths'**, just published and written under the pen-name of Hannah Nash  
ISBN 978-1-912078-14-1



This is an open and honest account of the author's struggles to overcome depression over several years on her perilous journey to recovery and finally celebrates the finding of hope and joy in life again.

I found it hard to put this book down. It is an honest account of the author's most desperate chapter of her life, but told with kindness and touching honesty ... and an excellent use of language, making it an easy and compelling read. Thinking of others who experience the dark depths she writes 'if, by sharing my experiences, this book can reach out to just one person and give them hope during their dark times then it will have been worthwhile'. I believe it will reach out to many, bringing a beacon of nourishing and possibly even life-saving light.

**'Help! Someone's Died'** by Mary Sim.  
ISBN 978-1-912078-58-5



Grief is something that affects us all at some time in our lives: this past year probably more than ever before. This book has been written out of the author's own experience and that of many others.

Mary traces her own journey after the death of her eldest son, and intersperses this with helpful comments, guidance, practical advice, ideas and insights into coping with bereavement.