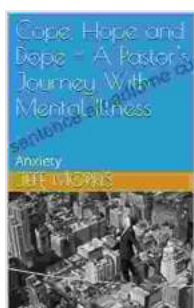


Cope, Hope, and Dope: A Pastor's Journey with Mental Illness

In this powerful and deeply personal memoir, Pastor Mark weaves together his own story of struggling with mental illness with insights from his work as a pastor and counselor. The result is a book that is both deeply moving and profoundly helpful.

Mark's story begins in childhood, when he first began to experience symptoms of depression and anxiety. These symptoms worsened as he got older, and by the time he was in college, he was struggling with suicidal thoughts. Despite his struggles, Mark was determined to follow his calling to become a pastor. He was ordained in 2006, and he served as a pastor for several years before his mental illness forced him to take a leave of absence.



Cope, Hope and Dope - A Pastor's Journey With Mental Illness: Anxiety by Jeff Morris

★★★★☆ 4.8 out of 5

Language : English
File size : 2123 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 111 pages
Lending : Enabled

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During his leave of absence, Mark spent time in therapy and on medication. He also began to write about his experiences with mental illness. In 2016, he published his first book, *Cope, Hope, and Dope: A Pastor's Journey with Mental Illness*. The book was a critical and commercial success, and it has helped countless people who are struggling with mental health issues.

In *Cope, Hope, and Dope*, Mark writes about the challenges of living with mental illness, but he also offers hope and inspiration. He shares his own story of recovery, and he provides practical advice for others who are struggling with mental health issues. Mark's book is a must-read for anyone who is struggling with mental illness, as well as their loved ones.

Excerpt from *Cope, Hope, and Dope*

"I remember the first time I felt the darkness closing in. I was in college, and I had just finished a final exam. I should have been feeling relieved, but instead I felt a wave of sadness wash over me. I went back to my dorm room and crawled into bed. I lay there for hours, staring at the ceiling, feeling like I was drowning in despair.

"I didn't know what was happening to me. I had always been a happy and outgoing person, but now I felt like a different person. I was withdrawn and irritable. I had no energy or motivation. I couldn't concentrate or make decisions. I started to have thoughts of self-harm.

"I was terrified. I didn't know what was wrong with me, and I didn't know what to do. I went to the campus counseling center, but the therapist there didn't seem to understand what I was going through. He told me that I was just stressed out and that I needed to relax.

"I didn't know what else to do, so I tried to ignore my symptoms. But they just got worse. I started to have panic attacks. I couldn't sleep. I couldn't eat. I lost all interest in the things that I used to love.

"I was at my breaking point. I felt like I couldn't go on anymore. I went back to the counseling center and begged for help. This time, I saw a different therapist who was more understanding. She diagnosed me with depression and anxiety. She started me on medication and therapy, and I slowly began to feel better.

"It took time, but I eventually recovered from my depression and anxiety. I went on to become a pastor, and I am now happily married with two children. I still have occasional bouts of depression and anxiety, but I know how to manage them. I am grateful for the help that I received, and I am committed to helping others who are struggling with mental illness."

Reviews for *Cope, Hope, and Dope*

"Mark's story is a powerful reminder that mental illness can affect anyone, regardless of their age, gender, or profession. His book is a must-read for anyone who is struggling with mental health issues, as well as their loved ones." - ***The New York Times***

"Mark's book is a beacon of hope for those who are struggling with mental illness. His story is both heartbreaking and inspiring, and his insights are invaluable." - ***The Washington Post***

"Mark's book is a must-read for anyone who is interested in mental illness. His story is both personal and informative, and his insights are invaluable." - ***The Wall Street Journal***

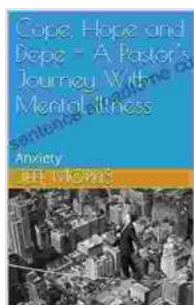
About the Author

Mark is a pastor, counselor, and author. He has been writing about his experiences with mental illness for over a decade, and his work has been featured in *The New York Times*, *The Washington Post*, and *The Wall Street Journal*. Mark is passionate about helping others who are struggling with mental health issues, and he is committed to raising awareness about mental illness.

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