

*For those who have dwelt in depression's dark wood, and known its inexplicable agony, their return to the abyss is not unlike the ascent of the poet trudging upward & upward, out of hell's black depths, and at last emerging into what he saw as "the shining world."*

*There, whoever has been restored to health has almost always been restored to the capacity for serenity and joy, and this may be indemnity enough for having endured the despair beyond despair.*

*- William Styron*