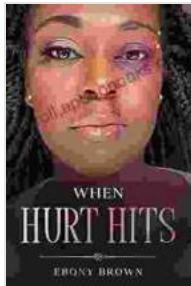


# When Hurt Hits: A Journey Through the Depths of Despair and the Heights of Hope



**When Hurt Hits** by Donald Jeffries

★★★★☆ 4.7 out of 5

Language : English  
File size : 193 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 19 pages



When Hurt Hits is a powerful and inspiring memoir that chronicles Donald Jeffries' journey through the depths of despair and the heights of hope. After losing his wife to cancer, Jeffries found himself in a dark place, struggling with depression and suicidal thoughts. But through the love and support of his family and friends, he was able to find the strength to carry on.

When Hurt Hits is a story of resilience, hope, and the power of the human spirit. Jeffries' journey is a testament to the fact that even in the darkest of times, there is always hope. With honesty and vulnerability, Jeffries shares his story in the hopes that it will help others who are struggling with pain and loss.

## **A Journey Through the Depths of Despair**

Jeffries' journey begins with the death of his wife, Susan. Susan was diagnosed with cancer in 2010, and after a brief but courageous battle, she passed away in 2011. Jeffries was devastated by Susan's death. He had lost his best friend, his soulmate, and the love of his life. He felt like a part of him had died with her.

In the months and years that followed Susan's death, Jeffries struggled to cope with his grief. He withdrew from his family and friends, and he began to experience severe depression. He lost interest in the things he used to enjoy, and he had difficulty sleeping and concentrating. He also began to have thoughts of suicide.

Jeffries' depression spiraled downward until he reached a point where he felt like he couldn't go on anymore. He made a plan to end his life, and he even wrote a goodbye letter to his family and friends. But before he could carry out his plan, he reached out to a friend who had been through a similar experience. His friend talked him down from the ledge, and he helped Jeffries to get the help he needed.

## **The Heights of Hope**

With the help of therapy and medication, Jeffries began to slowly recover from his depression. He started to spend more time with his family and friends, and he began to find joy in life again. He also found solace in writing, and he began to share his story with others in the hopes that it would help them to find hope in their own lives.

Jeffries' journey is a testament to the fact that even in the darkest of times, there is always hope. With honesty and vulnerability, he shares his story in the hopes that it will help others who are struggling with pain and loss.

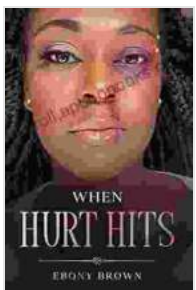
When Hurt Hits is a story of resilience, hope, and the power of the human spirit.

## About the Author

Donald Jeffries is a writer, speaker, and mental health advocate. He is the author of the memoir *When Hurt Hits*, which chronicles his journey through depression and suicidal thoughts after the death of his wife. Jeffries is passionate about helping others who are struggling with mental health issues, and he frequently speaks about his experiences in the hopes of reducing stigma and raising awareness.

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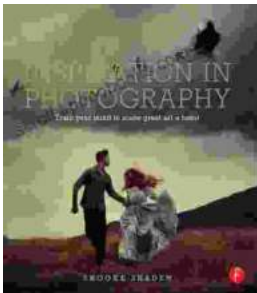
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