

LIMPING FORWARD

Synopsis:

Limping Forward is a raw and inspiring story of falling, fighting, and finding new strength. When life collapses under the weight of depression, Antony Maina faces the deepest valleys of the mind—but refuses to stay there. Through faith, resilience, and the courage to confront pain, he begins the slow climb toward healing and purpose. A reminder that even when progress feels small and uncertain, every step forward is victory.

Depression is not a sign of weakness as some people may think but a major mental health condition that can adversely affect one's work, studies, relationships etc and thus negatively impact their life. The good news is that depression has a remedy.

~DR. Dan Tuoma.

I've found depression to be a friend more so than an illness, the comfort that sadness brings makes you feel less alone, almost as if there is no hurt in hurting, and as time goes on, you almost never wanna escape the comfort you found in pain, but that's the thing about pain, because that's what you know, it gets harder to unlearn the pain as it is to feel the joy eventually it makes you comfortable with being alone, because loneliness is all you've ever felt.

~Erasim Kamau, B.A psychology, United States international University, Kenya.

Powerful and deeply moving testament that is written in striking sincerity and poetic restraint. It transforms personal pain into a universal story of endurance.

~Ruel Chopchumba; BEd Arts/Eng/Literature Teacher.]



Author Bio

Antony Maina is a trained sociologist and an ardent advocate of green energy solutions. Born in Nyeri county; Kenya.

A Father of two boys: Jerry and Evans.

When not writing, he spends his time on an endless attempt to perfect his rudimentary guitar playing skill and he also is a sports enthusiast.

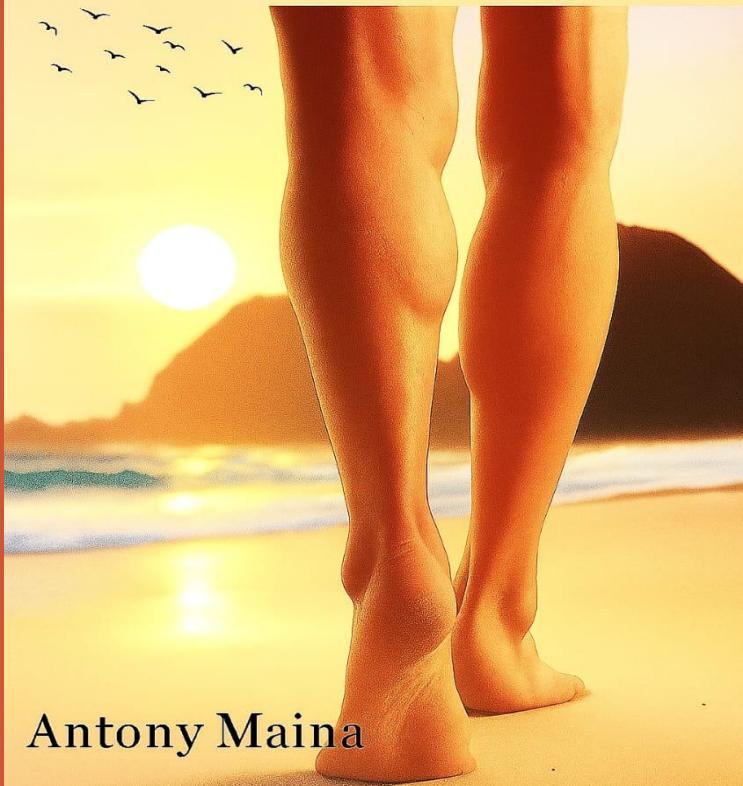
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Hitting rock bottom with depression, the fight back, and life better lived.



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