

Local author shares personal story

Guest compelled to share own experiences

BY JOANNA LAVOIE

In her first book, local writer Nancy Graham tells a touching story of courage, strength and personal growth. *Afraid of the Day: A Daughter's Journey*, released in May 2003 (reviewed on page 11), recounts her experience of living in a family affected by her mother's ongoing battle with post-partum depression brought on by Graham's birth.

On Nov. 18, the eloquent and articulate Graham read aloud the first chapter of her book for a small group of guests at the Annette Street Library. It was an ideal setting, as Graham often found peace and solitude at the local library when growing up in Hamilton, and the audience, sensing the emotion in her soft-spoken voice and delicate actions, was visibly moved

by the powerful reading. Many were compelled to reveal their own personal experiences with addiction and depression, and everyone present offered their support for Graham's on-going healing process. Graham explained that her whole experience has become a part of her identity as a person and helped give her mother, whose depression has been stabilized with Lithium since 1982, a voice.

Graham, currently working part-time for the Toronto Public Library at The Parkdale Branch, left a full-time job in 1994 to write *Afraid of the Day: A Daughter's Journey*. She feels the writing process helped her understand her own cycles depression as well as the years of turmoil she suffered while growing up in a home so deeply affected by her mother's illness.



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Etobicoke author Nancy Graham's non-fiction book is part of her personal journey towards understanding depression.

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