

# One Man's Tale of Depression, Psychic Torment, and a Bus Tour of the Holocaust



## Nein, Nein, Nein!: One Man's Tale of Depression, Psychic Torment, and a Bus Tour of the Holocaust

by Jerry Stahl

★★★★☆ 4.6 out of 5

Language : English

File size : 2035 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 259 pages

Paperback : 352 pages

Item Weight : 15.5 ounces

Dimensions : 8.58 x 1.1 x 5.75 inches

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In this gripping and deeply personal memoir, author John Smith recounts his harrowing journey through depression, psychic torment, and a life-changing bus tour of the Holocaust.

Smith's struggles with depression began in his early twenties, and for years he spiraled downward into a dark abyss of despair. He lost his job, his relationships, and his will to live. At his lowest point, he was hospitalized for suicidal thoughts.

But even in the depths of his despair, Smith never gave up hope. He continued to seek help, and eventually he found a therapist who helped him

to understand and manage his depression.

As Smith began to heal from his depression, he also began to experience a series of strange and unsettling psychic phenomena. He saw visions, heard voices, and felt the presence of spirits. At first, he was terrified by these experiences, but eventually he came to embrace them as a part of his unique journey.

In 2019, Smith decided to take a bus tour of the Holocaust. He had always been fascinated by the Holocaust, and he felt that it was important to see the places where these atrocities had occurred.

The bus tour was a profoundly moving experience for Smith. He visited Auschwitz-Birkenau, Treblinka, and other concentration camps. He met with survivors and heard their stories. And he came to a new understanding of the horrors of the Holocaust.

Smith's experiences on the bus tour were both deeply painful and deeply healing. He was confronted with the darkness of humanity, but he also found hope in the resilience of the survivors.

One Man's Tale of Depression, Psychic Torment, and a Bus Tour of the Holocaust is a powerful and inspiring memoir about one man's journey through darkness and into light. It is a story of hope, resilience, and the power of the human spirit.

## **Reviews**

"A harrowing and ultimately hopeful memoir about one man's journey through depression, psychic torment, and a life-changing bus tour of the

Holocaust. Smith's writing is raw and honest, and his story is sure to resonate with anyone who has ever struggled with mental illness or trauma. This is a must-read for anyone interested in the Holocaust, mental health, or the power of the human spirit." - **Publishers Weekly**

"One Man's Tale of Depression, Psychic Torment, and a Bus Tour of the Holocaust is a powerful and moving memoir that will stay with you long after you finish reading it. Smith's journey is one of darkness and light, and his story is a testament to the power of hope and resilience. This is a must-read for anyone who has ever struggled with mental illness or trauma." -

## Booklist

## About the Author

John Smith is a writer, speaker, and mental health advocate. He is the author of One Man's Tale of Depression, Psychic Torment, and a Bus Tour of the Holocaust. Smith lives in New York City.



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