

Wednesday 15th June, 2011

Journey of Hope launch at Nowra Library

On Thursday the 30th of June at 5pm, Dr J. Michael Davey will launch his new book *Journey of Hope* at Nowra Library.

An inspiring tale of one man's harrowing journey and his ability to rise above unbeatable odds, Michael is happy to be sharing his story with as many people as possible.

Michael says that even though his time spent in foster care and number of institutions as a child was painful and difficult, and bereft of the security and nurture of a loving family, he was still able to understand and experience love which in turn gave him hope for the future, and the strength to endure.

His experiences of living with a violent and abusive, schizophrenic mother and having suffered from depression personally, led him to want to reach out to those who have mental illness and encourage them to seek professional help. He also believes that support and encouragement is essential to those who suffer from depression.

He says, "To anyone who has a family member or friend suffering from depression you must continue to love them and never, ever stop doing this. Sometimes they don't understand what they're doing or the consequences of their actions." This was certainly the case with Michael's schizophrenic mother.

One important message he wants to convey is, "It doesn't matter what difficulties you've experienced in your journey because you can still find happiness and purpose in life. In essence, this book encourages you to reach for the sky."

With a foreword written by The Honourable Jeffrey G. Kennett AC, Inaugural Chairperson and Director of Beyond Blue, the book has the potential to make an impression on mental health organisations and professionals around the country.

Michael's resilience and determination have enabled him to turn tragedy into triumph and these are the characteristics he hopes will inspire those who read his work.

Ten-percent of the proceeds from the sale of every book will be donated to Mission Australia's Triple Care Farm, which helps adolescents, including those who are homeless, who suffer substance addictions, mental illness and or acute behavioural problems.

Following the launch, Michael will be selling signed copies of *Journey of Hope* at \$22.95 and light refreshments will be served.

For further information and bookings you can contact Ms Robin Sharpe on (02) 44293710

CONTACT: Manager of Library and Community Services Noela Lim (02) 4429 3702