

# CONTENTS

<i>Acknowledgments</i>	xii
<i>Introduction: Life in All Its Fullness</i>	1
Thick Descriptions	2
“Mental Illness” as a Journey	3
About the Book and Its Language	5
<b>PART I: THE ART OF DESCRIPTION</b>	
<i>Chapter 1: Redescribing the World of “Mental Illness”</i>	11
The Practice of Description	12
The Problem of Thin Descriptions	14
Stigma as Thin Description	15
Making Up Thin People:	
The <i>Diagnostic and Statistical Manual of Mental Disorders (DSM)</i>	17
Biology and the Thinning of Mental Health Challenges	25
The Thinning of Spirituality	32
<i>Chapter 2: Resurrecting Phenomenology</i>	38
The Death of Phenomenology	39
Developing a Phenomenological Attitude	41
Four Horizons: Creating a Thick Conversation around Severe Mental Health Challenges	46

PART II: REDESCRIBING DIAGNOSIS

<b><i>Chapter 3: Taking Our Meds Faithfully</i></b>	55
Diagnosis, Alienation, and Resignation	57
A Bipolar Story	62

PART III: REDESCRIBING DEPRESSION

<b><i>Chapter 4: Lament and Joy</i></b>	71
Depression	74
Thickening Our Understanding of Depression	79
Thinking about Joy	80
Depression as Antifeeling	83
<b><i>Chapter 5: Finding God in the Darkness</i></b>	89
Orientation	91
Disorientation	92
Reorientation	102
Finding God in God's Absence	110

PART IV: HEARING VOICES

<b><i>Chapter 6: Understanding Psychosis</i></b>	119
The Problem with Schizophrenia	120
Understanding Psychosis	125
Nuancing Our Understanding	132
<b><i>Chapter 7: Hearing Voices</i></b>	134
Hearing Voices	135
When God Talks Back	136
Hearing Voices across Cultures	137

What Makes the Difference?	142
A Pathogenic Culture	144
<b>Chapter 8: A Strange Kind of Loneliness</b>	151
Are Voices Inevitably Bad? A Strange Kind of Silence	154
Theological Implications	158
A Theology of Naming	159
<b>PART V: REDESCRIBING BIPOLAR DISORDER</b>	
<b>Chapter 9: Bipolar Faith</b>	165
The Biology of Spirituality	167
The Problem with Neurological Explanations: Moving beyond Neuromania	169
<b>Chapter 10: Bipolar Disorder and the Nature of Suffering</b>	175
Catherine's Story	176
Epistemic Innocence: Medicating a Prophet	178
Rethinking Recovery: Creating a Context for Epistemic Justice	183
Repercussions: The Shadow Side of Spiritual Elation	185
Two Aspects of Suffering	190
The Suffering That Emerges from the Ascription of the Demonic	190
The Suffering That Emerges from Truth Telling	200
Sacrifice and Vocation	203
<b>Conclusion: Redescribing Healing</b>	205
Cultural Healing	207
Liturgical Healing	208
Biblical Healing	209
Theological Healing	211
Epistemic Healing and Epistemological Generosity	212

CONTENTS

Testimonial Healing	213
Relational Healing	214
<i>Appendix: Mental Health Resources</i>	217
<i>Bibliography</i>	219
<i>Index</i>	231