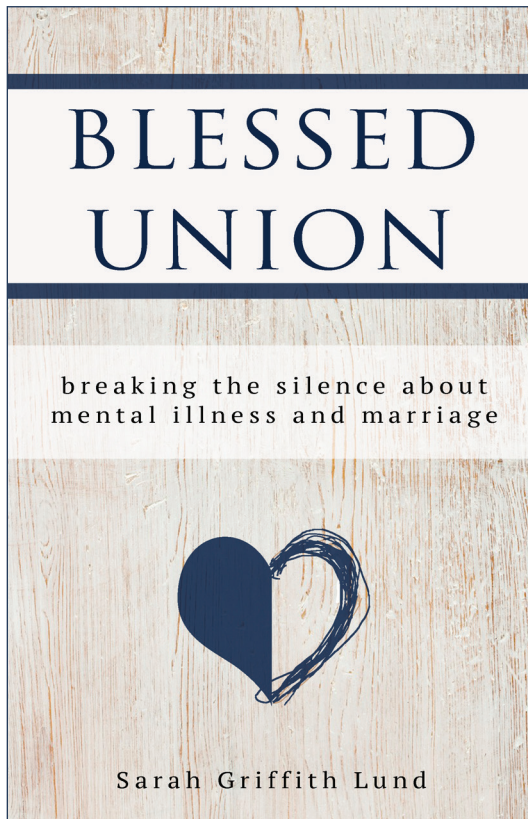


BLESSED UNION

Breaking the Silence about Mental Illness and Marriage

by Sarah Griffith Lund



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Mental illness affects at least a quarter of all marriages. And more often than not, couples suffer silently, alone, and in shame.

In her ground-breaking new book *Blessed Union: Breaking the Silence about Mental Illness and Marriage*, pastor and acclaimed mental health and disabilities advocate Sarah Griffith Lund offers a deeply personal, honest, and hopeful account of how marriages can thrive despite mental illness. Through intimate story-telling and reflection, Lund provides insights, encouragement, and tools to help couples navigate their relationships, in particular, and help lift the stigma and shame around this issue in general.

Lund opens up about her own journey with depression and post-traumatic stress disorder in her marriage, and shares stories of other couples who have been impacted by mental illnesses such as addiction, anxiety, autism spectrum disorder, bipolar disorder, eating disorders, obsessive compulsive disorder, postpartum depression, schizophrenia, suicidality, and more.

Lauded by mental health experts, academics, faith leaders, authors, and marriage therapists alike, *Blessed Union* marries the latest science of psychology with traditional values of faith, exploring how God uses science, medication, and therapy to bring wholeness and healing. In this expansive exploration of mental illness and relationships, Lund also considers mental illness as a justice issue and how that calls us to respond as people of faith.

Blessed Union includes nearly a dozen guided journal pages at the end with prompts on each chapter for deeper reflection and healing, as well a list of resources for further reading and response.

“Blessed Union is a book that begins with the challenges and ends with hope.”

—Doug Beach, National Alliance of Mental Illness (NAMI) FaithNet

ABOUT THE AUTHOR



Sarah Griffith Lund is passionate about loving her family, God, and being part of faith communities. She is the author of the bestselling *Blessed are the Crazy: Breaking the Silence about Mental Illness, Family, and Church* (Chalice Press, 2014). She is an ordained minister and has served as pastor to churches in Brooklyn, NY, Minneapolis, MN, and New Smyrna Beach, FL. Rev. Dr. Lund served as Regional Minister in the Florida Conference of the United Church of Christ and as a Vice President for Christian Theological Seminary in Indianapolis, IN. She holds degrees from Trinity University (BA), Princeton Theological Seminary (MDiv), Rutgers University (MSW), and McCormick Theological Seminary (DMin). Rev. Dr. Lund received the Dell Award for Mental Health Education at the 30th General Synod of the UCC. She currently serves as Minister for Disabilities and Mental Health Justice on the national staff of the UCC and as senior pastor of First Congregational UCC of Indianapolis, IN. Rev. Dr. Lund blogs at www.sarahgriffithlund.com.

Rev. Dr. Lund is available for speaking events, small groups, keynotes, workshops, and conferences. Please contact marketing@chalicepress.com with inquiries.

Praise for *Blessed Union*

“Sarah Lund’s groundbreaking book on mental illness and marriage boldly bears witness to the all too often silenced and shame-inducing experiences of marriages impacted by mental illness in ways that are radically restorative.”
—Christina Davis, Clinical Assistant Professor of Pastoral Theology and Marriage and Family Therapy, Christian Theological Seminary

“This book is a vital contribution to the growing conversation about faithful living in the midst of mental health challenges.” —David Finnegan-Hosey, author, *Christ on the Psych Ward and Grace is a Pre-Existing Condition: Faith, Systems, and Mental Healthcare*

“Through stories and honest theological reflection Sarah offers us a revised practical theology of love and marriage that will help all of us to love more fully even in the midst of the most difficult of circumstances.” —John Swinton, Professor in Practical Theology and Pastoral Care, University of Aberdeen, Scotland

“Interweaving scripture, personal stories, and education, *Blessed Union* offers an honest, nuanced look into the realities of mental illness and their effects on intimate partnerships.” —Sonia Waters, Associate Professor of Pastoral Theology, Princeton Theological Seminary

“*Blessed Union* is comprehensive, weaving together spiritual insights, psychological understandings, wisdom of good marriage therapists, biblical supports, and a welcomed internal exploration to be real in our own marriages. —Alan Johnson, former chair of the board of directors of the UCC Mental Health Network and founder of the Interfaith Network on Mental Illness

“As a pastor who constantly longs to offer resources to people searching for help, I am so grateful for this gift that I can share with couples who desire to strengthen their marriages. Lund’s message is needed now more than ever.” —Mark P. Briley, Lead Minister, Broadway Christian Church (Disciples of Christ), Columbia, Missouri



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