

Bipolar Faith: A Black Woman's Journey with Depression and Faith.

By Monica A. Coleman. Minneapolis, Minn.: Fortress Press, 2016. xix + 350 pp. \$26.99 (paper).

This powerful book should be read by everyone. *Bipolar Faith* is both a spiritual autobiography and a memoir of mental illness where Monica A. Coleman shows that all of us have a journey in Christ. Throughout the book she examines slavery, war, poverty, sharecropping, and mental illness in ways that speak to all people, and to the African American community in particular. Coleman demonstrates to persons of color and those with mental illnesses that their experiences and faith are valid, and that their voices need to be heard. The book speaks to a range of contemporary issues—racism, sexism, and the power of love and community to offer healing. Coleman's narrative also resonates poignantly with the victims of rape. This reviewer appreciated Coleman's way of "dancing" through the emotional and spiritual trauma caused by rape in order to transform into a new reality. "The dance did for me what years of ministry, church, and Bible reading did not. It returned me to God. It returned me to God the same way I lost God—through my body" (pp. 214–215).

Coleman's tremendous strength enabled her to study theology. "I turned my life upside down for a calling from a God that I wasn't talking to. I changed my career plans to be committed to some place that made me feel worse when I left than when I entered" (p. 181). Throughout, Coleman relates how God used her experience of depression to help other rape victims within group settings. The support of others along the way, including friends, professors, and pastors, were a testament to the strength of what faith and Christianity can do to help others. Coleman's dream of studying theology remained a constant part of her healing process. "Three years ago, something inside me died, and I want you to celebrate with me that . . . that I am still here. And I'm someone new. Someone I like" (p. 237).

This book is an excellent resource for pastors, seminary students, spiritual directors, and all those concerned with healing, especially for victims of sexual violence.

CLARA CANNING

*Killarney Parish Group
The Diocese of Brandon, Manitoba*