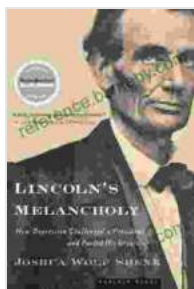


# How Depression Challenged President And Fueled His Greatness

Abraham Lincoln is one of the most revered presidents in American history. He is known for his leadership during the Civil War, his Emancipation Proclamation, and his Gettysburg Address. However, what many people don't know is that Lincoln struggled with depression throughout his life.

In his book, "How Depression Challenged President And Fueled His Greatness," author Dr. Richard Shenkman tells the story of Lincoln's battle with depression. Shenkman argues that Lincoln's depression was not a weakness, but rather a source of strength. It gave him the empathy to understand the suffering of others, and the determination to fight for what he believed in.



## Lincoln's Melancholy: How Depression Challenged a President and Fueled His Greatness by Joshua Wolf Shenk

★★★★☆ 4.6 out of 5

Language : English  
File size : 3663 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
X-Ray : Enabled  
Word Wise : Enabled  
Print length : 370 pages  
Lending : Enabled  
X-Ray for textbooks : Enabled

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Shenkman's book is a fascinating and inspiring account of Lincoln's life and legacy. It is a must-read for anyone interested in American history, mental health, or the power of the human spirit.

## **Lincoln's Struggles With Depression**

Lincoln's first bout of depression came in his early twenties. He was studying law at the time, and he was feeling overwhelmed by the pressure to succeed. He began to experience feelings of hopelessness and despair, and he even contemplated suicide.

Lincoln's depression lasted for several years. He eventually recovered, but he continued to struggle with depression throughout his life. He experienced several more episodes of depression, particularly during times of stress and uncertainty.

Despite his struggles with depression, Lincoln was able to achieve great things. He was a successful lawyer, a gifted politician, and a brilliant statesman. He led the United States through the Civil War, and he issued the Emancipation Proclamation, which freed the slaves.

## **How Depression Fueled Lincoln's Greatness**

Shenkman argues that Lincoln's depression was not a weakness, but rather a source of strength. It gave him the empathy to understand the suffering of others, and the determination to fight for what he believed in.

For example, Lincoln's depression helped him to understand the plight of the slaves. He knew what it was like to feel hopeless and despairing, and he was determined to do everything he could to end slavery.

Lincoln's depression also gave him the strength to persevere through difficult times. He never gave up on his dreams, even when things seemed impossible. He always believed that he could make a difference, and he never stopped fighting for what he believed in.

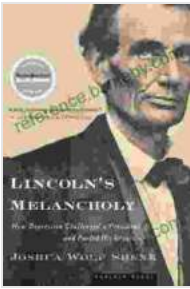
## **Lessons From Lincoln's Life**

Lincoln's story is an inspiration to us all. It shows us that even if we struggle with mental illness, we can still achieve great things. We can learn from Lincoln's example and never give up on our dreams.

Here are a few lessons that we can learn from Lincoln's life:

- Don't give up on your dreams. No matter what obstacles you face, never give up on what you believe in.
- Be kind to yourself. Everyone struggles with something. Be kind to yourself and others.
- Seek help. If you are struggling with depression, don't be afraid to seek help. There are many resources available to help you.
- Be grateful. Even when things are tough, take time to be grateful for what you have.
- Never give up hope. No matter how dark things seem, never give up hope.

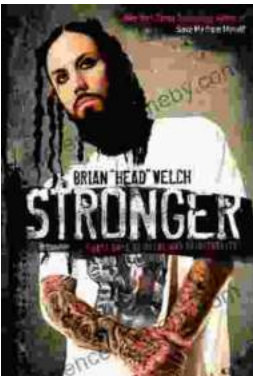
Thank you for reading! I hope this article was helpful and inspiring. If you are interested in learning more about Lincoln's battle with depression, I highly recommend Dr. Richard Shenkman's book, "How Depression Challenged President And Fueled His Greatness."



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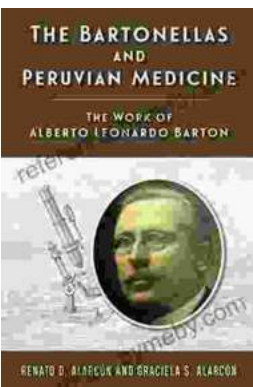
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