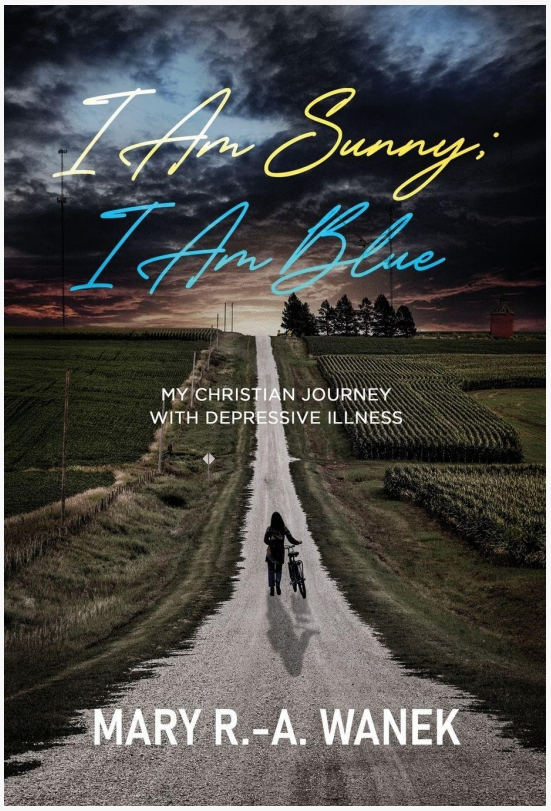
# New Memoir 'I Am Sunny; I am Blue' Explores Faith, Hope, and Mental Health

IOWA CITY, IA, UNITED STATES, October 2, 2026 /EINPresswire.com/ -- Mary R.-A. Wanek, a seasoned editor and passionate caregiver, has announced the release of her heartfelt memoir, “I Am Sunny; I Am Blue: My Christian Journey with Depressive Illness.” This poignant and deeply personal book shares Wanek’s more than 40-year battle with major depressive disorder, offering hope, spiritual wisdom, and practical guidance to those enduring similar journeys.




Blending candid storytelling with actionable insights, “I Am Sunny; I Am Blue” explores how Wanek’s faith in God, alongside medical care, therapy, and self-growth, has illuminated her path toward healing. Far more than a memoir of struggle, the book showcases resilience, encouraging readers to transform their own challenges into opportunities for wellness and spiritual connection.

After years of sharing cheerful humor in her newspaper column, “Sunny-Side Up,” earning her a reputation for positivity and the nickname “Mary Sunshine,” the author found herself in the depths of depression. Her story highlights both how mental health struggles can affect even the most outwardly happy people and the toll these struggles can take on those who suffer.

Key themes in the memoir include the need to receive adequate medical care when navigating life with depression and the importance of making conscious changes to behavior and thought patterns, developing healthy coping skills, and relying on the lasting strength faith offers. Wanek also highlights how her understanding of tough emotions has amplified her caregiving abilities, making her a compassionate care provider for children and individuals with developmental disabilities.

“I am most excited for readers to know they are not alone,” says Wanek. “Depression can feel isolating, but there is hope. God is always present and gives us people who can help. With faith,

perseverance, and following appropriate treatments, it is possible to learn to manage depressive moods well and experience substantially healthier moods."

The honesty in describing her personal struggle and what she has learned from experts in depression lends authenticity and depth to her reflections. Wanek provides a faith-oriented lens for handling mental health struggles and actionable steps toward hope and improved health. This candid, compelling memoir is both inspiring and informative for those experiencing depression, showing readers a living example that a hopeful future is possible.

"I Am Sunny; I Am Blue" (ISBN: 979-8-950391-40-8 / 979-8-950391-39-2) is available through major retailers, including Amazon and Barnes & Noble. The hardcover retails for $30.99, the paperback retails for $20.99, and the ebook retails for $6.99. Review copies and interviews with the author are available upon request.

Purchase the book on Amazon.

From the Back Cover:

In the early 1980s, Mary Almquist reported news and feature stories for four weekly newspapers in southeastern Iowa. Known by some friends as "Mary Sunshine," she shared her positive thinking, cheerful disposition, and bits of wit and wisdom with readers through her humor column, "Sunny-Side Up." But by 1984, she was struggling to find the sunshine. The beauty of life that she had always cherished seemed to have disappeared, and she found herself on a lonely, painful journey with major depressive disorder—a condition she would continue to struggle with in recurrent episodes for more than forty years. By telling her story, Mary seeks to help others experience hope, whether they're facing their own or a loved one's major depression.

In "I Am Sunny; I Am Blue: My Christian Journey with Depressive Illness," she uses poetry, prose, biblical quotations, and excerpts from her personal letters, journals, and essays to allow the reader to walk closely with her as she strives to find acceptance, hope, and healing.

About the Author:

An editor for thirty years as well as a retired assistant preschool teacher, paraeducator, and longtime care provider, Mary R.-A. Wanek has struggled with major depressive disorder for more than forty years. She has a BA in Journalism with minors in Child Development and English and makes her home in Iowa City, IA, with her husband and their dog.

About MindStir Media:

MindStir Media LLC is an award-winning book publisher. To learn more about publishing a book with MindStir Media, visit http://mindstirmedia.com or call 800-767-0531.

Michelle VanSledright
MindStir Media LLC
+1 800-767-0531

---

This press release can be viewed online at: https://www.einpresswire.com/article/946927460

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.
© 1995-2026 Newsmatics Inc. All Right Reserved.