



TOO LATE IN THE AFTERNOON: One Man's Triumph Over Depression

Patrick Day

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Mitch Jasper is a very wealthy and influential advertising executive who suffers a significant heart attack and is forced to sell his agency and adopt a slower life style if he wants to reach his fifty-ninth birthday. He thought moving from Chicago to his hometown of Minneapolis was a reasonable choice; it was anything but. "Then I started to go downhill. An uneasy sense of hopelessness pervaded my mind as I fast-forwarded to view days and days of bleakness until I died. I had no friends. Ads on TV exclaimed how wonderful retirement was, but for me the truth was that retirement was another word for nothing to do, nothing to look forward to, and no meaning or purpose in life. I didn't see any of this coming. I was blindsided."

From this bleak background, Mitch sinks into a depression that threatens to unhinge him. Reluctantly he attends the fortieth class reunion of Washburn High School and is reunited with his best friend from kindergarten to high school graduation – Dave Logan. And suddenly a friendship lost for 40 years becomes the start of Mitch's transformation and triumph over depression through forgiveness, 180-degree life changes, a three-dimensional healing process, and the mercy of God.

Mitch is not capable of escaping his depression on his own; few people are. He needs Dave Logan to walk beside him, and he needs the friendship of other people – Daniel, Mitch's family, and others. He needs the professional help of a psychiatrist and a psychologist. And he needs God's intervention in his life.

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