

FINDING LIGHT AGAIN

A journey out of depression - and
how you can find your light too.



David Cheong

Finding Light Again

*A Journey Out of Depression — and
How You Can Find Your Light Too*

—

David Cheong

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Finding Light Again

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Disclaimer

This book is a personal memoir and faith-based reflection. It is written to offer hope, encouragement, and spiritual perspective to those navigating depression and mental health challenges. It is not intended to serve as medical advice, diagnosis, or treatment.

The author shares his personal experiences with medication and the process of tapering off antidepressants. These experiences are individual and should not be replicated without professional guidance. Please consult a qualified medical doctor or psychiatrist before making any changes to your medication.

If you or someone you know is experiencing a mental health crisis or thoughts of self-harm, please reach out to a qualified professional or a crisis helpline immediately. You are not alone, and help is available.

Names of individuals mentioned in this book are used with their knowledge and consent, or have been changed to protect their privacy.

For my sons.

You are the reason I kept going.

*And for every soul who has sat in the dark,
wondering if the light would ever return —
this book is for you.*

Acknowledgements

No one walks through the valley alone — and I certainly did not. This book exists because of the people God placed in my life at exactly the right moments.

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And above all, to Jesus — my Lord, my Saviour, my healer. You never let me go. Even when I could not feel You, You were there. This book is ultimately Yours.

Preface

I did not write this book from a comfortable distance.

I wrote it from inside the storm — and from the other side of it.

For years, I battled depression in silence. I carried it to bed at night, woke up with it in the morning, and wore a functioning face to the world while something inside me was quietly falling apart. I was a man of faith who could not explain why he could not feel God. I was a father who pitched a tent in his own backyard because he did not have the strength to take his boys camping. I was a husband, a provider, a friend — and at the same time, I was someone who once cried out to his mother and said, "Mom, I want to die."

If any of that sounds familiar — this book is for you.

I am not a doctor. I am not a therapist. I am not a perfect Christian with all the answers. I am simply a man who went through the deepest darkness of his life and came out the other side — not because I was strong, but because God would not let me go.

What you hold in your hands is my story. But more than that, I hope it becomes a mirror that reflects your own

journey back to you — and a window that lets in a little light.

I will talk honestly about medication, about mental health, about the nights when sleep would not come and the thoughts would not stop. I will share what helped me and what did not. I will point you to faith — not as a magic formula, but as a living relationship with a God who meets us in our mess.

You may be at the very beginning of your storm. Or you may have been in it for so long that you have forgotten what calm feels like. Wherever you are, I want you to know this:

The storm is not forever.

And neither is your darkness.

Let's walk through this together.

— David Cheong, Singapore, 2026

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"Whoever comes to me, I will never cast out."

-John 6:37

Chapter 1: When it first began..

CHAPTER 1

When It First Began



Looking back, I now realise something I could not see then:

My battle with depression did not suddenly appear in adulthood.

It had roots much earlier—quiet, hidden, and unrecognised.

I was about 15 years old.

It was what many would call a “puppy love.”

Nothing serious. Nothing lasting. Just a young boy experiencing affection for the first time.

But when it ended, it affected me deeply.

More than I expected.

More than I could explain.

At that age, I did not have the language for it.

I did not call it depression.

I simply thought I was “very sad.”

But beneath that sadness was something deeper.

A longing.

A need to be loved.

As I grew older, I began to understand why.

Growing up, I did not receive much love from my father.

And whether I realised it or not, I carried that lack into my teenage years and beyond.

So I searched.

I searched for love, for affirmation, for acceptance—especially from the opposite sex.

I believed that if I could find it there, I would finally feel complete.

But when that relationship ended, it didn't just hurt.

It exposed something inside me.

I was not just heartbroken.

I was empty.

That was the seed.

For many years, it remained hidden beneath the surface.

Life went on.

I functioned.

I moved forward.

But something inside me had not been fully healed.

Then came late 2016.

This was when everything began to surface.

At that time, I was in New Zealand with my family. We had gone there for a season, pursuing permanent residency and exploring the possibility of building a future there.

On the outside, life looked stable.

But around November 2016, something began to shift inside me.

And by December 2016, it had intensified.

This time, the trigger was not a relationship.

It was fear.

As a Christian, I believed in God.

But during that period, a question began to take hold of my mind—one that would not let go:

“Can I lose my salvation?”

It sounds like a theological discussion.

But for me, it became deeply personal.

People around me had different views. Some said yes. Some said no. Instead of clarity, I found confusion. And that confusion slowly turned into fear.

Then another thought came:

“What if I have committed the unpardonable sin?”

That question haunted me.

It didn’t come once.

It came repeatedly—especially at night.

I remember lying in bed, unable to sleep.

My mind would not stop.

Thoughts kept looping—circling, tightening, becoming louder.

One question led to another.

One fear led to another.

And slowly, I began to spiral.

At the same time, there were other pressures building.

We were in a foreign land.

Finances were uncertain.

Money was running low.

And as a husband and a father, the weight of responsibility became heavier each day.

I found myself constantly worrying:

What is going to happen to my family?

What about my wife?

What about my son?

The fear was no longer just spiritual.

It became emotional.

Mental.

Practical.

It was everywhere.

I was very confused during that time.

Deeply confused.

My mind was filled with fear, doubt, and questions I could not answer.

But here is something I want to share—especially if you are feeling the same way:

Even in the confusion, there was something deeper in me that had not let go.

In my heart of hearts, I still knew this:

God loved me.

I could not explain it.

My thoughts were telling me something else.

My fears were loud.

But deep within, there was a quiet knowing.

And I held on to that.

There were many moments during that period—especially in December 2016—when I found myself alone, trying to escape my own thoughts.

Trying to get out of my head.

Trying to find peace.

If you have ever felt that way, I want to say this to you:

It's okay to have bad days.

It's okay to feel overwhelmed.

You are not weak for feeling this way.

But hold on.

Hold on to whatever measure of faith you still have.

Even if it feels small.

Even if it feels fragile.

Hold on to this truth:

You are loved.

There was one assurance that stayed with me, even when everything else felt uncertain:

God would not cast me away.

Even when my mind told me I would be rejected...

Even when fear told me I had gone too far...

Deep in my heart, I knew:

He would not turn me away.

As Scripture says:

■ ***"Whoever comes to me I will never cast out."***
■ ***— John 6:37***

At that time, I was coming to Him with confusion.

With fear.

With broken thoughts.

But still—I was coming.

And He did not cast me away.

That was the beginning.

The beginning of a journey I did not expect.

The beginning of a battle I did not understand.

But also, the beginning of a path that would one day lead to healing.

♦ ***Reflect*** ♦

- *When did your struggle first begin—perhaps earlier than you realised?*
- *What fears or thoughts have taken hold of your mind?*
- *What is one truth you can hold on to, even when everything feels uncertain?*

You are not alone.

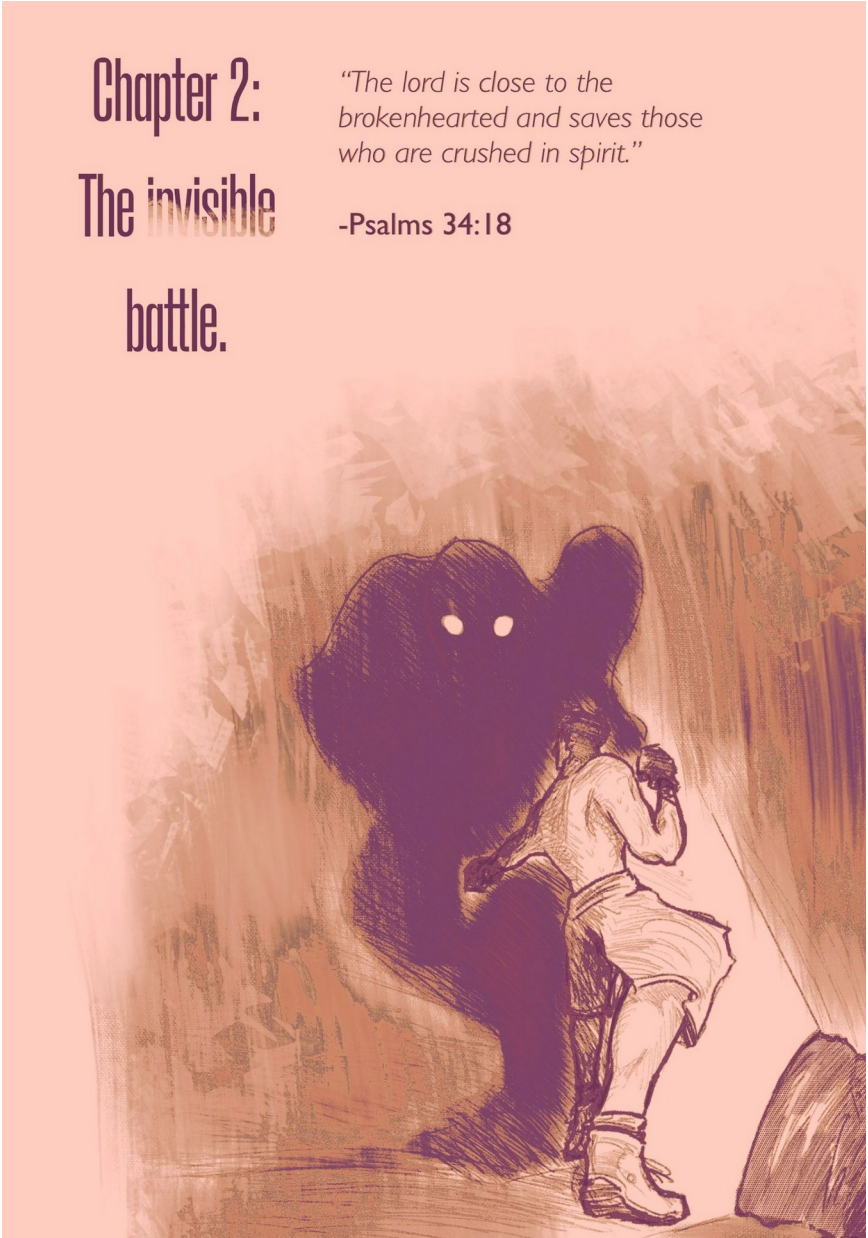
And you are not cast away.

Chapter 2:

The invisible battle.

*"The lord is close to the
brokenhearted and saves those
who are crushed in spirit."*

-Psalms 34:18



CHAPTER 2

The Invisible Battle



Depression is not always visible.

From the outside, life can look normal.

People see you going about your day—working, talking, functioning.

But inside, there is a battle no one can see.

For me, one of the hardest parts of depression was sleep.

Or rather, the lack of it.

Night after night, I struggled with severe insomnia.

It wasn't just "difficulty sleeping."

It was lying in bed, exhausted...

watching the hours pass...

while my mind refused to rest.

I remember how painful it felt to see everyone else asleep.

The house would be quiet.

My family resting peacefully.

And yet, I was wide awake.

Alone.

Trapped in my own thoughts.

Even with medication—even with sleeping pills—sleep did not come easily.

My body was tired.

But my mind would not stop.

And when you don't sleep, everything becomes harder.

Your thoughts grow louder.

Your emotions grow heavier.

Your strength begins to drain.

During the day, I still tried to function.

I would send my children to school.

Send my wife to school as well.

On the outside, I was still doing what I needed to do.

But inside, I was falling apart.

My mood was constantly low.

The medication helped in some ways—but it also numbed me.

I was no longer myself.

I used to be joyful.

Outgoing.

An extrovert.

But during that period, I became withdrawn.

Quiet.

Distant.

And then there were the thoughts.

Relentless.

Repeating.

Condemning.

“You’re going to hell.”

“You’ve gone too far.”

“There’s no way back.”

These thoughts did not come once.

They came again and again—like a loop that would not stop.

Today, some may call them intrusive thoughts.

Back then, I just knew this:

I could not silence them.

There were moments when the darkness felt so overwhelming that thoughts of giving up began to surface.

Thoughts of ending my life.

Not because I wanted to die.

But because I wanted the pain to stop.

My mind felt numb.

My heart felt heavy.

I lived with constant anxiety.

And the future... felt uncertain.

At one point, I genuinely thought I might not make it.

I was only 40 years old.

But it felt like everything was collapsing.

That season, between November 2016 and early 2017, was a rapid downward spiral.

Within just a few months, everything changed.

I knew something had to be done.

Being in New Zealand, far from my support system, made things even harder.

I began to think:

What if something happens to me here?

Who will take care of my family?

That thought pushed me to make a decision.

We had plans to stay longer.

I had even considered building a future there.

But my condition—and our financial situation—made it clear:

It was time to go home.

In March 2017, we returned to Singapore.

And I knew the moment I landed, I needed help.

I needed to see a doctor immediately.

Looking back, I also realised something else.

The people around me did not fully understand what I was going through.

And I don't blame them.

Depression is hard to explain—especially when it cannot be seen.

But they could sense something was different.

One of my close brothers said something that stayed with me:

“The sparkle in your eyes is gone.”

That was exactly how it felt.

Something inside me had dimmed.

And yet, even in that season, I was not completely alone.

There were people who tried to stand with me.

One of them was a brother named Raj.

He came to my house and prayed for me.

I believe in prayer.

I still do.

But I want to be honest here.

At that time, the prayer did not immediately “fix” everything.

And this is important for me to say—especially if you are a person of faith:

Sometimes, one prayer does not solve everything.

Sometimes, healing is a journey.

But that does not mean God is not working.

Even when I did not feel better immediately...

even when nothing seemed to change...

something was still happening beneath the surface.

Depression is messy.

It is filled with uncertainty.

It does not follow a neat timeline.

I remember wanting to do simple things with my boys.

Things like going camping.

Creating memories.

Being present.

But I didn't have the strength.

So instead, we did something small.

We pitched a tent in our own backyard.

It may seem like a small thing.

But to me, it mattered.

Because even in the middle of my brokenness,

I still wanted to show up for my family.

My wife at that time was also very empathetic.

She stood by me in ways she knew how.

But I also recognise now—it was not easy for her.

Depression does not just affect the person going through it.

It affects everyone around them.

If you are reading this and you are in a similar place, I want you to hear this:

What you are going through is real.

The battle may be invisible to others—
but it is not imaginary.

And even if you feel misunderstood...
even if you feel alone...

you are not beyond help.

As Scripture reminds us:

***"The Lord is close to the brokenhearted and
saves those who are crushed in spirit."***

— Psalm 34:18

You may not see it.

You may not feel it.

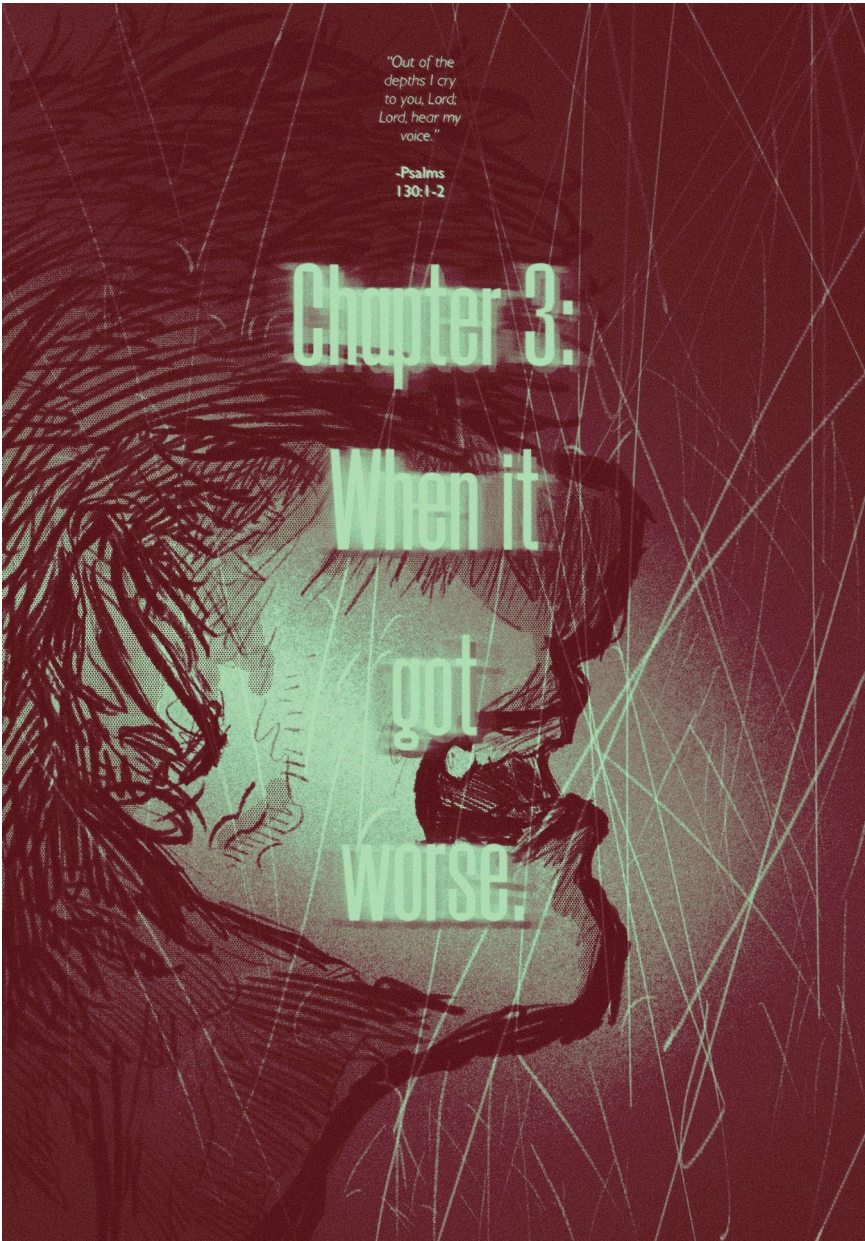
But you are not fighting this battle alone.

♦ **Reflect** ♦

- *What does a typical day feel like for you right now?*
- *Are there thoughts that keep repeating, no matter how hard you try to stop them?*
- *Do you feel misunderstood by the people around you?*

Take a moment to be honest with yourself.

This is the first step toward healing.



CHAPTER 3

When It Got Worse



After the divorce in 2021, I did what many people do when faced with pain.

I ran.

Not physically—but emotionally.

I threw myself into work.

I didn't want to think.

I didn't want to feel.

I just wanted to move forward.

And for a while, it worked.

I kept myself busy. I worked hard. I made money.

From the outside, it looked like I was recovering.

But inside, something was quietly breaking again.

By mid-2022, everything began to catch up with me.

I was completely burnt out.

Not just tired.

Not just stressed.

But deeply, completely exhausted—physically, mentally, and emotionally.

There was nothing left.

In that state, I did what felt natural.

I went back to medication.

I still had some medicine left from my earlier episodes in 2018, so I began to self-medicate.

But this time, it didn't work.

That was when I knew I needed help again.

In May 2022, I returned to my psychiatrist at Ng Teng Fong Hospital.

What followed was not a quick recovery.

It became a long journey.

For the next 18 months to almost two years, I would go back and forth to the hospital.

Trying to stabilise.

Trying to cope.

Trying to survive.

But things did not improve immediately.

In fact, they got worse.

Between May and July 2022, my condition deteriorated rapidly.

Sleep became almost impossible.

There were nights where I did not sleep at all.

Two nights.

Sometimes three nights straight.

When your body cannot rest, your mind begins to collapse.

And when your mind collapses, everything feels unbearable.

I reached a breaking point.

I remember crying out to my mother:

“Mom... I want to die.”

At that time, everything had come together at once.

My marriage had just ended in May 2022—after almost 17 years.

It felt like losing someone I loved deeply.

At the same time, my children were no longer living with me.

The custody was with my ex-wife, which we mutually agreed on, because I was not in a state to take care of them.

Even though I continued to provide for them financially—and always will—it was still painful.

I felt like I had lost my family.

The weight of it all became too much.

My mother did not know how to handle me.

She was afraid.

Afraid that I might harm myself.

Afraid that I might not make it through.

So she made a decision.

She brought me to the Institute of Mental Health.

And to be honest—I agreed.

At that point, I knew I needed help.

I was admitted in July 2022.

I stayed there for three nights.

My first experience inside was... different.

Before entering, all personal belongings had to be checked.

No sharp objects.

No items that could potentially be used for self-harm.

Everything was removed.

Inside, I realised something:

Everyone there was fighting a battle.

Different stories.

Different struggles.

But all carrying something heavy.

In some ways, I felt safe.

There was medical care.

There were professionals monitoring my condition.

But at the same time, I felt isolated.

Life inside was slow.

Quiet.

And honestly—very boring.

The food was not good.

The environment felt confined.

And I was left alone with my thoughts.

I also saw others who had attempted suicide.

Different cases. Different backgrounds.

Some had been brought in by the authorities.

And it made me realise how serious mental health struggles can become.

That place felt like the lowest point of my life.

If I were to describe it, it felt like being in the belly of the whale.

A place where everything had stopped.

A place where I had nowhere else to go.

During my stay, the doctors increased my medication significantly.

Almost double.

And from that point onwards, I became heavily dependent on it.

Later on, I would try to come off the medication on my own.

But it was not easy.

In fact, it felt almost impossible.

I began researching.

Reading articles.

Looking for ways to taper off safely.

But what I found discouraged me.

Very few people seemed to succeed.

And even for those who did, the side effects were severe.

This is something I will share more about later.

Because medication is a complex journey.

And it must be handled carefully.

Even during that time, there were people who cared.

A friend of mine, Ching Guan, tried to visit me.

But due to ward restrictions, he was not allowed to see me.

Still, knowing that someone wanted to come meant something.

Looking back, that period was not just painful.

It was humbling.

Because it showed me something I could not deny:

I had reached the end of myself.

And yet... even there...

Even in that lowest place...

The story was not over.

Because what I did not know then was this:

After IMH, the journey would continue.

The darkness did not lift immediately.

In fact, it lingered.

But somewhere in that darkness...

A turning point was coming.

♦ *Reflect* ♦

- *Have you ever reached a point where you felt completely overwhelmed?*
- *Have you ever felt like everything was happening at once—and you could not cope?*
- *What do you do when you feel like you've reached the end of yourself?*

If that is where you are today...

Take one step.

Just one.

That is enough for now.

If you're having thoughts of self-harm or suicide: call 1767 to connect with Samaritans of Singapore. It's free and confidential. You'll reach someone who is trained to listen and support you.

Chapter 4: Trapped in the

cycle.

"Surely He
will save you
from the
snare of the
fowler."

-Psalms
91:3



CHAPTER 4

Trapped in the Cycle

*When I Thought Medication Would Be My Life
Forever*



There was a season in my life where I genuinely believed this:

This is it.

This is my life now.

I will be on medication forever.

Not because I wanted to.

But because I could not see a way out.

In this chapter, I want to speak honestly about medication.

Because for many people—including myself—this is not just a medical issue.

It is emotional.

It is mental.

And sometimes, it even becomes spiritual.

Let me say this clearly from the start:

Doctors treat.

God heals.

I believe in both.

If someone falls and breaks a bone, they need a cast.

There is no shame in that.

In the same way, when your mind is overwhelmed and your body cannot cope, medication can be necessary.

It can stabilise you.

It can help you function.

And sometimes, it can even save your life.

So if you are taking medication, hear this:

Do not be ashamed.

One of my struggles was not just depression itself.

It was the condemnation that came along with it.

“You are a man of faith... why are you taking medication?”

That thought can be very damaging.

Because it creates a false divide between faith and help.

The truth is:

You can have faith
and still need help.

Globally, millions of people rely on medication for depression and anxiety. It is more common than we think.

You are not alone in this.

After my admission in 2022, medication became a major part of my life.

At one point, I was taking:

Two medications during the day — to regulate my emotions and calm my mind

Two medications at night — to help me sleep

Some of these medications were very strong.

Looking back, I realised how dependent I had become.

And honestly, I still wonder how I came out of that season.

It was only by the grace of God.

At that time, I held on to this promise:

"Surely He will save you from the snare of the fowler..."

— Psalm 91:3

Because that was exactly how it felt.

Like I was trapped.

Medication helped me in one important way:

It stabilised me.

It reduced the intensity of my thoughts.

It helped me get through each day.

Without it, I might not have been able to function.

But medication also came with limitations.

It made me feel numb.

Less anxious—but also less alive.

It did not resolve my deepest fears.

It did not answer the questions in my mind.

It did not heal the pain in my soul.

This is something important to understand:

Medication can manage symptoms.

But it does not always heal the root.

Some medications—especially those prescribed for anxiety and sleep—can become habit-forming if used long-term.

This includes a group known as benzodiazepines.

They are powerful.

They work quickly.

But they must be used carefully and under proper medical supervision.

At one point, I found myself relying heavily on medication.

And when I tried to come off it on my own, I realised how difficult it was.

My body reacted.

My mind reacted.

Everything felt unstable.

That was when I learned this:

Do not stop medication suddenly.

Going “cold turkey” can lead to serious withdrawal symptoms.

Even reducing too quickly can cause instability.

What helped me was learning a process called hyperbolic tapering.

This means reducing medication very slowly, in very small amounts over time—especially as the dosage gets lower.

In one case, it took me about five months just to taper off one medication.

Sometimes, the reduction was extremely small—even less than 1% at a time.

Why so slow?

Because the brain is sensitive.

If you reduce too quickly, your system reacts.

But if you go slowly, your body can adjust.

Almost as if nothing has changed.

If you want to learn more about this approach, you can explore guidance from the Royal College of Psychiatrists,

as well as community-based resources such as Surviving Antidepressants.

Important:

Please do not attempt to taper off medication on your own.

Always work with a qualified doctor or psychiatrist.

Throughout my journey, I worked with different doctors.

And I came to understand something:

Doctors are trained to stabilise your condition.

To prevent things from getting worse.

And that role is important.

But their role is also limited.

They may not be able to address everything you are going through.

So I learned to work with them.

To communicate clearly.

To share what worked and what did not.

To be involved in my own healing.

Even after stabilisation...

Even after medication...

Something inside me was still not right.

The thoughts were quieter.

But the emptiness remained.

The fear.

The identity struggle.

The questions about my future.

They were still there.

And that was when I realised:

This is not just a condition of the mind.

This is something deeper.

I needed more than treatment.

I needed healing.

During this period—from 2022 to the end of 2023—I felt stuck in a cycle.

Trapped.

It felt like my life had narrowed down to just surviving.

There were many moments I thought:

This is how it will be.

There is no way out.

My life is over.

At times, dark thoughts returned.

If life was going to remain like this, I questioned:

What is the point of living a life with no meaning?

I had no sense of purpose.

Days would pass, and I would simply drift.

I found myself going from one coffee shop to another around my neighbourhood—sitting for hours, drinking tea, trying to pass time.

Sometimes, I would sit at Burger King until late in the evening.

Not because I had something to do.

But because I didn't know what else to do.

I was present.

But I was not living.

I didn't recognise myself anymore.

And even within the church, I often felt misunderstood.

I want to say this gently and honestly:

Church people are still people.

We all carry different struggles.

And not everyone understands what depression feels like.

Many gave good advice.

Many meant well.

But during that season, I felt like I couldn't do anything.

It wasn't that I didn't want to get better.

It was that I couldn't.

If you are reading this and you feel the same way, I want you to hear this:

I understand.

And yet...

Life does not have to remain like this.

In the next chapter, I will share the turning point in my journey.

And it can become your turning point too.

♦ **Reflect** ♦

→ *Have you ever felt trapped in a cycle you could not break?*

Do your days feel like survival rather than living?

What is one small step you can take today—even if it feels insignificant?

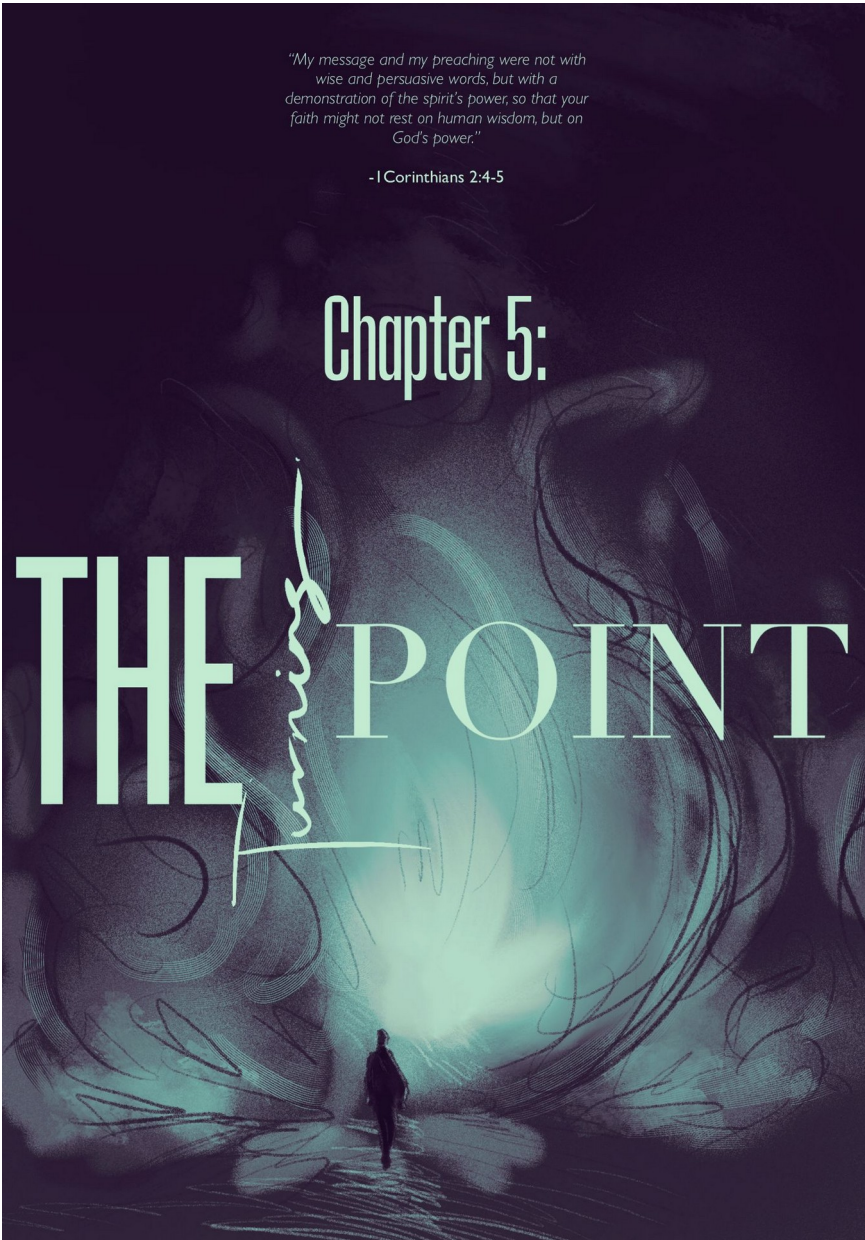
You are not stuck forever.

Even if it feels that way now.

"My message and my preaching were not with wise and persuasive words, but with a demonstration of the spirit's power, so that your faith might not rest on human wisdom, but on God's power."

-1 Corinthians 2:4-5

Chapter 5: THE TURNING POINT



CHAPTER 5

The Turning Point

When Light Broke Through the Darkness



The turning point in my life came in early 2024.
Around the Chinese New Year period—February 2024.
By that time, I had been in a long season of struggle.
From 2022 to the end of 2023, I felt trapped in a cycle.
Depression.
Medication.
Fear.
Emptiness.
I had withdrawn from people.
I disappeared from social media.
I did not want anyone to see me.
Because I felt ashamed.
But God had other plans.
A friend of mine, Fu Min, reached out to me.
We met for a simple lunch in Singapore.

It was meant to be just a casual catch-up.

But that meeting became a turning point in my life.

At that time, I was hiding.

Lost.

And I didn't even recognise myself anymore.

But somehow, Fu Min found me.

As we sat down and talked, she shared what God had been doing in her life.

There was nothing dramatic.

But there was conviction.

There was life.

She told me two things that stayed with me.

The first was this:

She reads the Bible every day.

Not occasionally.

Not when she feels like it.

But daily.

And not just reading silently—

she reads it aloud.

She said something that struck me deeply:

She would not do anything

until she had read the Word of God aloud.

That stayed with me.

I had read the Bible before.

I knew Scripture.

But I had never treated it like that.

Then she shared the second thing.

She spoke about the authority of Jesus.

She referred to a story in the Book of Mark—
the man who was possessed by many demons.

And she reminded me of this:

With just one word, Jesus drove them out.

As it is written:

***"For He said to him, 'Come out of the man,
you unclean spirit!'"***

— Mark 5:8

Just one command.

And the demons had to obey.

That hit me deeply.

Because at that time, I was living in fear.

Fear of the enemy.

Fear of what might happen to me.

Fear of what might happen to my family.

I knew the truth in my head.

That Jesus had already defeated the enemy.

But I was not living in that truth.

And in that moment, something became clear:

If Jesus has that kind of authority...

why am I living in fear?

The enemy is no match for Him.

That conversation was not long.

But it planted something in my heart.

A seed.

I walked away from that lunch with a quiet decision:

I will start reading the Word of God aloud.

I did not have a perfect plan.

I did not know where to begin.

But I started.

The Beginning of Change

I began reading the Word of God aloud.

Not once.

But many times a day.

From wherever I could—

the Gospels, Proverbs, especially the Book of Mark.

At first, nothing seemed to happen.

But I continued.

Day after day.

And slowly, something shifted.

About a month later—around early March 2024—
my mind began to clear.

The fog lifted.

My thoughts became sharper.

My soul felt lighter.

And I realised something profound:

The Word of God is not just a book.

It is life.

This is a book inspired by the very breath of God.

It carries life.

So I want to encourage you:

Read the Word.

Read it a lot.

Let the Word preach to you.

Three Things That Changed Everything

Looking back, three things lifted me out of that dark season.

1. Declaring the Word of God

I did not just read the Bible.

I declared it.

Out loud.

Because there is power in speaking truth.

When lies came, I replaced them with Scripture.

When fear came, I spoke truth.

I began to practice what I already knew.

Because knowing is not the same as practicing.

As Scripture says:

"Take the sword of the Spirit, which is the word of God."

— Ephesians 6:17

I began to use that sword.

2. Worship

The second thing that transformed me was worship.

Worship lifts our eyes.

It takes our focus away from ourselves...

and places it on God.

Many times, depression causes us to look inward.

At our pain.

At our thoughts.

At our struggles.

But worship changes our direction.

I began to worship every morning.

Playing songs.

Singing.

Being in His presence.

And slowly, joy returned.

When you read the Psalms, you will see this pattern:

Agony.

Crying out.

But always—returning to God.

Our struggles do not push God away.

They draw Him near.

3. Surrendering to Jesus as Lord

This was the most important shift.

I had believed in Jesus for many years.

Since I was young.

But if I am honest, I had not fully surrendered.

I believed He was my Savior.

But I had not truly made Him Lord of my life.

In February 2024, I made a decision:

Not just to believe in Jesus.

But to follow Him.

To surrender my life.

My thoughts.

My future.

And when I surrendered—

something changed deeply inside me.

It was no longer about fear.

It became about trust.

The Result

These three things—

Declaring the Word

Worship

Surrender

They lifted me out of the pit.

Not instantly.

But steadily.

At that time, I was still on medication—about 50%.

But I was moving forward.

By the end of 2024, I was completely off medication.

And as I write this—on 4 April 2026—

I have been free from medication for about one and a half years.

This is something I never thought possible.

But as Scripture reminds us:

Nothing is too hard for Him.

A Promise for You

I want to leave you with this:

***"For I know the plans I have for you,"
declares the Lord, "plans to prosper you and
not to harm you, plans to give you hope and
a future."***

—Jeremiah 29:11

God has not forgotten you.

He will bring you out.

He will restore you.

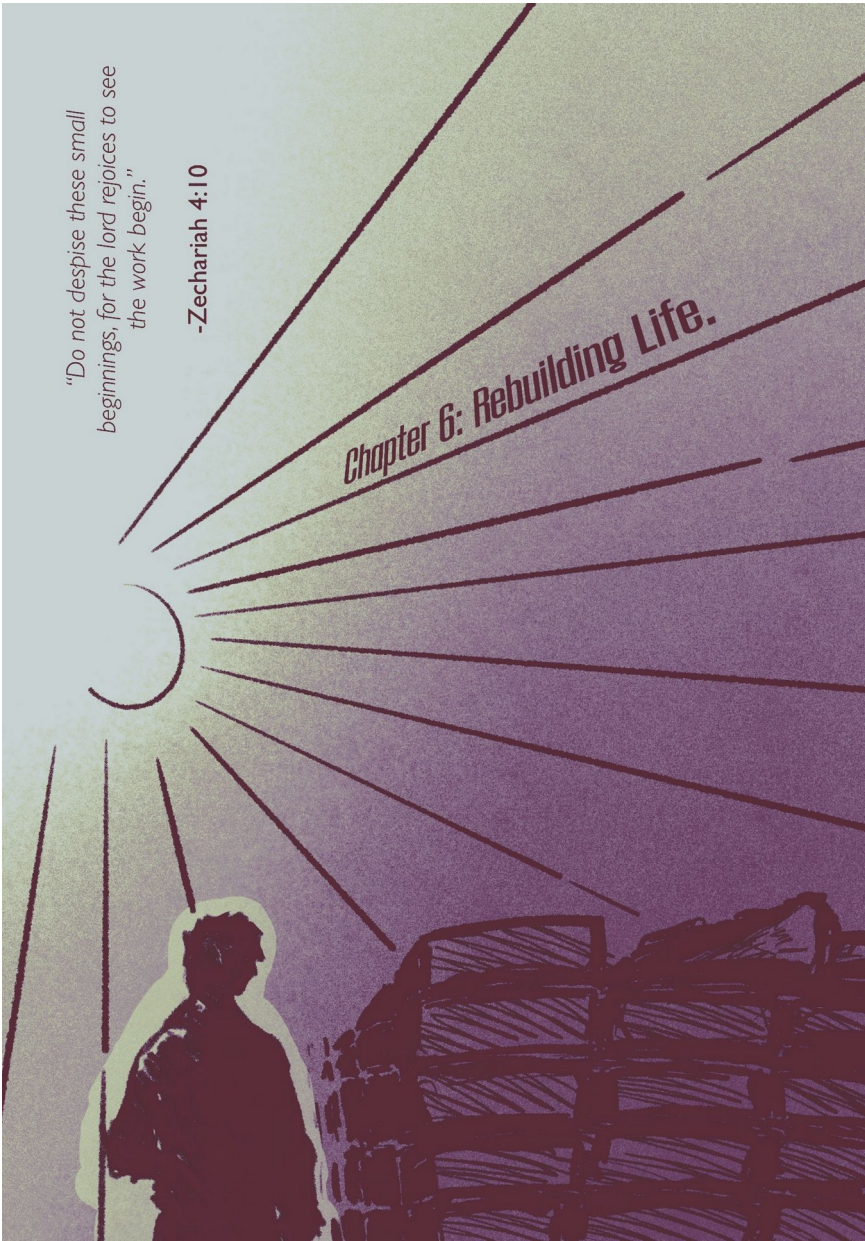
If you turn to Him—

He will meet you.

♦ Reflect ♦

- *Are you willing to move from knowing truth to practicing truth?*
- *What is one small step you can take today?*
- *Have you made Jesus your Savior—but also your Lord?*

Your turning point can begin today.



"Do not despise these small
beginnings, for the lord rejoices to see
the work begin."

-Zechariah 4:10

Chapter 6: Rebuilding Life.

CHAPTER 6

Rebuilding Life

From Survival to Structure and Purpose



After my turning point in February 2024, things began to change.

By March 2024, I would say I was about 50% restored.

Much clearer in my mind.

More hopeful in my heart.

But I was not fully out yet.

I was still on medication.

One in the day.

One at night.

And if I am honest, I still felt dependent—especially on my night medication.

That is one thing about medication.

It is not just physical.

It becomes psychological.

When you have depended on something for a long time, letting go can feel very scary.

It is like holding onto something for survival.

And suddenly, you are asked to release it.

So I want to say this to you:

If you feel dependent, it is okay.

Do not rush the process.

Don't Change Too Much, Too Fast

One key lesson I learned during recovery was this:

Do not change too many things at once.

When you are just coming out of a difficult season, your system is still fragile.

If you introduce too many changes too quickly, it can trigger new stress points.

So I kept my life simple.

Stable.

I continued working.

9 to 5.

I was still doing my lecturing.

Life did not change drastically.

But inside me, something was shifting.

I began to feel a desire again.

A desire to live.

A desire to do more.

Rebuilding My Daily Rhythm

My days became more structured.

I would wake up around 7:30 to 8:00 in the morning.

Start my day with worship.

Play worship songs.

Sit in His presence.

Then I would have breakfast with my mum.

We would talk.

Simple conversations.

But meaningful.

Then I would head to work.

At night, I made it a point to sleep before 12.

Rest became important.

I also started to include light activities:

Swimming

Walking

Nothing intense.

Just movement.

Because healing is not just spiritual.

It is also physical.

The Discipline of Slow Progress

At the same time, I was slowly tapering off my remaining medication.

Very slowly.

And I want to emphasise this word:

Slowly.

There is a saying my mentor shared with me:

Fast is slow.

Slow is fast.

If you try to go too fast, you crash.

But if you go slowly, steadily—you move forward safely.

Think of it this way:

If you jump from a very high building, you will crash.

But if you walk down a staircase step by step, you will reach the ground safely.

That was how I approached recovery.

Step by step.

Day by day.

Not rushing.

Not forcing.

Allowing my body and mind to adjust.

Guarding the Mind

Even during recovery, negative thoughts still came.

But something had changed.

They no longer controlled me.

When they came, I did not entertain them.

I rejected them.

I declared the Word of God aloud.

Because I believe this:

The battle is in the mind.

And it is not just psychological.

It is also spiritual.

That is something doctors may not fully address.

But it is real.

At the same time, I also want to say this clearly:

Take a holistic approach.

If you need medication, take it.

If you need rest, rest.

If you need help, seek help.

Faith and practical steps go together.

Small Wins Matter

I also paid attention to small habits.

Eating more mindfully.

Not overeating.

Taking care of my body.

And slowly, I saw changes.

The thoughts became less frequent.

Less intense.

Hope began to grow.

And I realised something:

Healing is not one big breakthrough.

It is many small steps.

Consistent steps.

Over time.

Staying the Course

One thing I discovered about myself is this:

I can stay consistent when I know something matters.

Even writing this book now—

It takes time.

But I know it will help someone.

And that gives me strength to continue.

So I want to say this to you:

Keep going.

Even if progress feels slow.

Even if nothing seems to change.

Something is happening.

A Simple Framework for You

If you are rebuilding your life right now, start with this:

Keep your life simple and stable

Build a daily rhythm (morning and night)

Move your body gently

Guard your mind intentionally

Go slowly—especially with recovery

And most importantly:

Do not give up.

♦ Reflect ♦

- *Are you trying to change too many things at once?*
- *What is one small habit you can build into your daily routine?*
- *Are you willing to take slow steps instead of rushing?*

You don't need to rebuild everything overnight.

Just take one step today.

Then another tomorrow.

And over time—

You will see your life come back together again.

Chapter 7 – Who I Am Again.

“Then you will know the truth, and the truth will set you free.”

- John 8:32



CHAPTER 7

Who I Am Again

Finding Identity, Truth, and Purpose



This chapter is about identity.

Because at the heart of depression...

is often a loss of identity.

Before depression, I believed I could do anything.

I was confident.

Capable.

Driven.

During depression, everything changed.

I felt like I could do nothing.

I felt useless.

Broken.

Rejected.

But after coming out of that season, I began to see something new.

Yes, I can still do many things.

But now, I no longer depend on myself.

I depend on God.

And that changed everything.

The Lies I Believed

During my lowest moments, there were three lies that kept repeating in my mind:

I am useless.

My life is over.

God has rejected me.

These lies felt real.

They felt convincing.

But they were not true.

And healing began when I replaced those lies with truth.

Replacing Lies with Truth

When I believed I was useless,

I discovered this truth:

"For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them."

— Ephesians 2:10

I am not useless.

I am created for purpose.

When I believed my life was over,

I held on to this promise:

***"For I know the plans I have for you,"
declares the Lord... "plans to give you hope
and a future."***

— Jeremiah 29:11

My life is not over.

God still has a future for me.

When I believed God had rejected me,

I learned this truth:

His love is unconditional.

His covenant of peace will not be removed.

And slowly, truth began to replace fear.

Truth Sets You Free

There is something important I need to say here:

You cannot simply motivate yourself out of depression.

Motivation is not enough.

Positive thinking alone is not enough.

What we need... is truth.

Because truth is not just an idea.

Truth is reality.

It is like a law.

If you jump off a building, you will fall.

No matter how you feel about it.

No matter what you believe.

Truth does not change based on our feelings.

And in the same way, God's truth remains constant.

As Scripture says:

***"Then you will know the truth, and the truth
will set you free."***

— John 8:32

So the question is not:

"How do I feel?"

The question is:

"What is true?"

Here are the truths I held on to:

God is my Father.

I am loved.

I am not alone.

Even when I feel alone...

I am not alone.

And this is important:

How you feel does not change the truth.

You may feel rejected.

But you are still loved.

You may feel alone.

But God is still with you.

You may feel lost.

But your life still has purpose.

When you begin to stand on truth—

not feelings—

that is when freedom begins.

Not overnight.

But steadily.

Truth by truth.

Day by day.

Who I Am Now

Today, I see myself differently.

I am not defined by my depression.

I am not defined by my past.

I am not defined by my failures.

First and foremost—

I am a child of God.

Loved.

Accepted.

Chosen.

Everything else is secondary.

Not my career.

Not my achievements.

Not what people think of me.

My identity begins with Him.

Purpose Restored

One of the biggest changes in my life is this:

I found purpose again.

Writing this book...

is part of that purpose.

To tell you:

There is hope.

You may have bad days.

You may have dark seasons.

But those days do not define your life.

A Picture That Helped Me

One image that helped me greatly is this:

A storm.

Have you ever seen a storm that lasts forever?

No.

Storms come.

And storms go.

And often, after the storm...

comes the rainbow.

So when I have a bad day, I tell myself:

This is just a bad day.

Not a bad life.

Learning to Let Go and Refocus

There were things I had to accept.

Things I could not control.

I could have blamed God.

Blamed people.

Blamed my circumstances.

But instead, I chose to reflect.

To let go.

To accept.

One example is my tinnitus—the constant ringing in my ear.

It caused me a lot of distress.

At first, I focused on it constantly.

And the more I focused on it,
the worse it felt.

Then I learned something powerful:

What you focus on... expands.

So I shifted my focus.

From the noise—

to God.

And over time, it no longer controlled me.

A New Relationship with God

I have believed in Jesus since I was young.

But now, my relationship with Him is different.

Before, I believed in Him.

Now, I follow Him.

Before, He was my Savior.

Now, He is my Lord.

Even the devil believes.

But true transformation comes from surrender.

I am learning to submit my life to Him.

To trust Him.

To follow Him.

Not because I have to.

But because He has saved me.

He brought me out of my darkest moments.

He gave me my life back.

And now—

I want to live for Him.

Grace, Not Performance

I want to make this clear:

We are not saved by our works.

The Bible says:

We are saved by grace, through faith.

It is a gift.

There is nothing we can do to earn it.

And that is the beauty of it.

Speak Life Over Yourself

There are moments even now
when I still need to remind myself of truth.

And when I do, I speak it out.

Again and again.

Because God's Word carries power.

With His Word, He created the world.

"Let there be light."

And there was light.

So I declare:

I am loved.

I am chosen.

I have a future.

I am not alone.

God is with me.

Sometimes once.

Sometimes ten times.

Sometimes a hundred times.

Until my heart believes it.

✦ **Reflect** ✦

- *What lies have you been believing about yourself?*
- *What truth can replace those lies?*
- *Who are you—beyond your struggles?*

You are not lost.

You are still there.

And you can find yourself again.

One truth at a time.

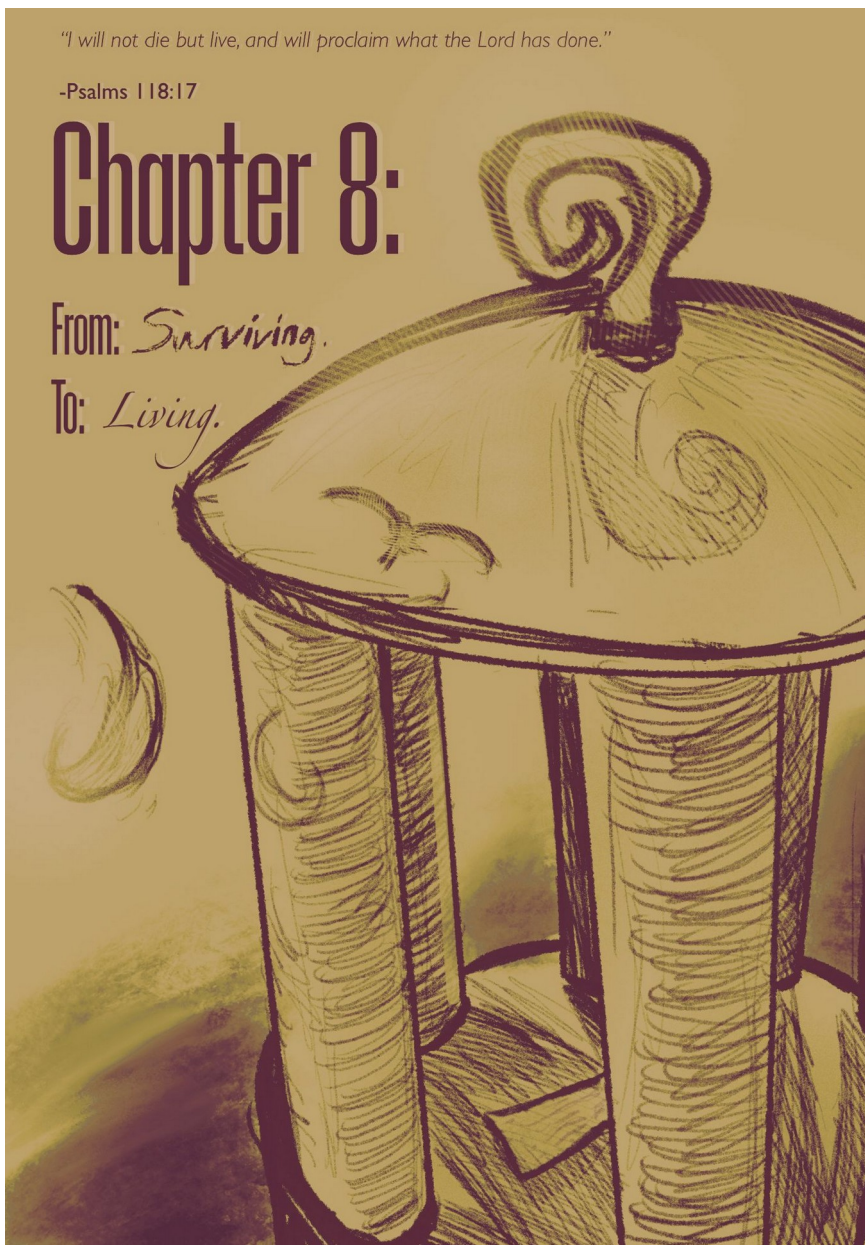
"I will not die but live, and will proclaim what the Lord has done."

-Psalms 118:17

Chapter 8:

From: *Surviving.*

To: *Living.*



CHAPTER 8

From Surviving to Living

The Journey Back to Freedom



After my turning point in early 2024, my life began to change.

By March 2024, I was about 50% restored.

My mind was clearer.

My heart was lighter.

I felt hope again.

But the journey was not over.

I was still on medication.

And I knew that if I wanted to move forward fully, I needed to walk through the process—slowly.

The Journey Off Medication

I began to taper off my medication step by step.

Very slowly.

By July 2024, I had fully tapered off my sleeping pills.

That may not sound like a big deal.

But for me, it was huge.

Because for two years, I could not sleep without them.

Two years.

There were nights I felt desperate.

There were times I increased my own dosage just to cope.

Looking back, I want to say this clearly:

Do not do that.

It is dangerous.

What I learned instead was this:

If I cannot sleep, I simply rest.

I stopped counting how many hours I slept.

Because the more I counted,
the more anxious I became.

Sleep became a burden.

A task.

But when I let go—

something changed.

By July 2024, I no longer depended on sleeping pills.

I was not sleeping perfectly.

Three hours.

Four hours.

But I was free.

And that was a breakthrough.

Even today, I may sleep about five to six hours.

But I have learned something important:

I can still live well.

That difficult season trained me.

It taught me endurance.

And later on, it even prepared me for ministry work and travel.

In 2025, I found myself going on mission trips.

Traveling across countries.

Sometimes with very little sleep.

In the past, I would have complained.

But now—

I could endure.

The Final Step to Freedom

After my sleeping medication, there was still one last medication left.

And I continued tapering.

Slowly.

Steadily.

By around September to October 2024,

I took my final step.

I was completely off medication.

It felt surreal.

For so long, I thought I would depend on medication for life.

But now—

I was free.

God Sends People

During this journey, God sent people to help me.

One of them was Esther.

She came into my life at the right time—

when I was nearing the end of my tapering process.

She introduced me to supplements.

And for me, that helped psychologically.

It gave me a sense of transition.

From medication

to something gentler.

And that helped me take the final step.

Esther, thank you.

Looking back, I realised something:

God sends the right people at the right time.

When you ask—

He responds.

And many times, He responds through people.

Throughout my journey, there were many who supported me.

Who prayed for me.

Who stood with me.

And I am deeply grateful.

Because we are not meant to do life alone.

Returning to Life and Calling

By mid-2024, something else began to grow in me.

A desire to return.

Not just to life—

But to purpose.

I found myself drawn back to the Word of God.

Back to ministry.

And in July 2024, I made a decision.

I enrolled in a Bible school in Singapore.

From July to September 2024,

I attended a School of Ministry.

During that time, I met many people.

Pastors and friends from different countries:

India

Nepal

Indonesia

Myanmar

Something was happening.

My world was expanding again.

By the end of 2024, I found myself traveling.

Visiting them.

Serving alongside them.

In Nepal.

In India.

And in 2025, I went again.

In fact, I spent almost one-third of my year traveling.

And every time I stepped into those journeys, I remembered:

There was a time I didn't even want to live.

And now—

I was living.

The Word Changed My Life

If there is one thing I can say with full conviction, it is this:

The Word of God changed my life.

Not overnight.

But consistently.

Faithfully.

Powerfully.

It lifted me out of darkness.

It renewed my mind.

It restored my soul.

And it brought me back to life.

A Story of Hope

This is not just my story.

This is a story of hope.

Because what happened to me—

can happen to you.

You may still be in the middle of your journey.

You may still feel stuck.

But your story is not over.

There is a way forward.

There is healing.

There is purpose.

And there is life again.

♦ ***Reflect*** ♦

- *What is one step you can take today toward freedom?*
- *Who has God placed in your life to support you?*
- *Are you willing to trust the process—even when it is slow?*

Your journey may take time.

But step by step—

you will move from surviving...

to living.

*"I am still confident of this: I will see
the goodness of the Lord in the land
of the living."*

-Psalms 27:13

Chapter 9: Your turn to begin!



CHAPTER 9

Your Turn to Begin

One Step at a Time



If you are reading this right now...

and you are in depression—

I want you to pause for a moment.

I am not here to fix you.

I am not here to give you many solutions.

I just want to sit with you for a while.

And if I could, I would place my hand on your shoulder
and say this:

I understand.

You may feel trapped in your own mind.

You may feel tired.

Confused.

Overwhelmed.

And that's okay.

You don't need to rush.

You don't need to perform.

This is not about performance.

This is about learning to love yourself again.

To accept where you are.

And to take one step at a time.

Start With One Step

If you can do just one thing—

choose one of these.

You don't have to do all.

Just one.

1. Read the Word of God Aloud

Not silently.

Aloud.

Let the Word speak to you.

Let it fill the space in your mind.

Even if you don't understand everything—

just read.

2. Worship

Play worship music.

Let it run in the background.

You don't even need to sing.

Just sit there.

Let your focus slowly shift...

from yourself

to God.

3. Pray Honestly

Talk to God.

Not with perfect words.

Not with religious language.

Just be honest.

Tell Him how you feel.

Complain if you need to.

Cry if you need to.

Look at the Psalms.

They are full of real people crying out to God.

And if you can—

pray in tongues.

Take Care of Your Body

Healing is not just spiritual.

It is also physical.

Get some sunlight.

Go outside.

Move your body.

Walk.

Swim.

Jog.

Just sweat a little.

And about sleep—

Do your best.

But don't stress over it.

If you don't get the "perfect" number of hours—
it's okay.

It's okay to have some bad nights.

What to Avoid

Please hear this carefully.

Do not rush your recovery.

Especially with medication—

Do not taper too fast.

Do not stop suddenly.

Do not go cold turkey.

Go slowly.

Very slowly.

Even 1% reduction is enough.

Your body needs time to adjust.

And one more thing—

Don't aim for perfection.

Good enough... is good enough.

Build a Simple Routine

Keep life simple.

Wake up.

Make your bed.

Have breakfast.

Take one step.

Then another.

Do something light.

Don't overload yourself.

Just one step at a time.

You Are Not Alone

Please don't go through this alone.

Find one person.

Just one.

Someone you trust.

Talk to them.

Ask for prayer.

For me, I reached out to my pastor and close friends.
And that helped me.
You don't need many.
Just one is enough.

When You Feel Like Giving Up

There will be moments.
Moments when you feel like you cannot continue.
In those moments, say this out loud:

***"I will see the goodness of the Lord in the
land of the living."***

— Psalm 27:13

Say it again.
And again.
Not in your mind.
Out loud.
Say it 10 times.
20 times.
And see what happens in your heart.

Final Word

Be gentle with yourself.

Love yourself.

Accept where you are.

And take one step today.

That is enough.

One step at a time.

*"For I know the plans I have for you,
declares the Lord, plans to give you a hope
and a future."*

-Jeremiah 29:11

Chapter 10.

It's not over.

CHAPTER 10

It's Not Over

A Final Word of Hope



I'm so glad you've come to the end of this book.

If you are reading this...

it means you have stayed.

You have endured.

You have taken steps—no matter how small.

And I want to say this to you:

Thank you.

I hope that somewhere along the way,
you have found something meaningful.

Something that speaks to your heart.

Something that gives you hope.

Because this final chapter is about one thing:

Hope.

A Hope That Still Stands

There is a verse that carried me through my darkest moments:

***"For I know the plans I have for you,"
declares the Lord, "plans to prosper you
and not to harm you, plans to give you
hope and a future."***

— Jeremiah 29:11

Many people quote this verse.

But not many understand the context.

This promise was given when Israel was in exile.

They were not in a good place.

They were displaced.

Distressed.

Even broken.

And yet, in that very place, God spoke:

Build.

Stay.

Live.

Because even there—

He still had a plan.

And I want to say this to you:

Even where you are right now—

God has a plan for you.

God Cannot Lie

There is something important you must know about God:

He can do all things.

But there is one thing He cannot do.

He cannot lie.

So if God says you have a future—
you have a future.

If God says you have hope—
you have hope.

So when your thoughts tell you:

“I cannot make it...”

That thought is not aligned with truth.

Because God says:

You can.

So the question is:

Who will you believe?

A Personal Prayer for You

Even as you read this, I am praying for you.

That hope will rise again.

That strength will return.

That light will break through your darkness.

You are not forgotten.

You are not alone.

If You Do Not Know Jesus

If you are reading this and you do not know Jesus—

I want to tell you this:

God loves you.

"For God so loved the world that He gave His one and only Son, that whoever believes in Him shall not perish but have eternal life."

— John 3:16

God the Father loves you so much—

that He gave His Son.

And Jesus came not just to save—

but to give life.

"I have come that they may have life, and have it to the full."

— John 10:10

This is not about religion.

This is about relationship.

And today, if you feel lost—

I want you to know this:

The Shepherd of your soul is looking for you.

And He is speaking to you—even now.

If you would like, you can pray this simple prayer:

A Prayer

Lord Jesus,

I need You.

Thank You for loving me.

Thank You that You know my situation.

Even when I was lost, You came to find me.

Today, I choose to trust You.

Come into my life.

Help me, just as You helped David.

I believe that You have hope for me.

I receive Your love.

I make You my Lord and my Savior.

In Jesus' name,

Amen.

To My Brothers and Sisters

If you are a believer reading this—

I want to speak to you as family.

You are my brother.

You are my sister.

And I love you.

It pains me to know that you are going through this.

Because I know that pain.

I have been there.

For years.

But I want to remind you:

Do not give up.

Because God has not given up on you.

Jesus is the light of the world.

And if you follow Him—

you will walk in that light.

So do not believe the lie that it is over.

Declare this instead:

"I will not die, but live, and declare the works of the Lord."

— Psalm 118:17

There is still purpose in your life.

And maybe—

this is your turning point.

A call to a new life.

A call to surrender.

Not your way—

but His way.

Because His way leads to life.

You Don't Have to Walk Alone

If you need a place to continue this journey, I want to invite you to something I have built — a place called 22 Destiny.

22 Destiny is a transformational platform for people who want to grow in wealth, AI, healing, influence, and calling — with clarity, wholeness, and purpose.

It is not just a website. It is a community for people who refuse to be defined by their past, who know that God has something more for them, and who are ready to walk into it.

Wealth: Learn to rebuild and grow your finances with wisdom and purpose.

AI: Use the tools of this generation to multiply your impact and productivity.

Healing: Walk into freedom from pain, fear, and the wounds of your past.

Influence: Discover the voice and platform God has prepared for you.

Calling: Step into the purpose that was written for you before you were born.

Come as you are. Bring your story, your scars, and your hopes. There is a place for you here.

Visit us at www.22destiny.com

Verses for Meditation and Declaration

*These are the words that carried me. Read them slowly.
Speak them aloud. Let them settle into the places
where the darkness tried to take root.*

*"For God so loved the world that he gave his one and
only Son, that whoever believes in him shall not perish
but have eternal life."*

— John 3:16

*"The Lord is close to the brokenhearted and saves
those who are crushed in spirit."*

— Psalm 34:18

*"Come to me, all you who are weary and burdened, and
I will give you rest."*

— Matthew 11:28

*"For I know the plans I have for you, declares the Lord,
plans to prosper you and not to harm you, plans to give
you hope and a future."*

— Jeremiah 29:11

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

— Philippians 4:6-7

“Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.”

— Psalm 23:4

“My grace is sufficient for you, for my power is made perfect in weakness.”

— 2 Corinthians 12:9

“So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.”

— Isaiah 41:10

“When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you.”

— Isaiah 43:2

“Because of the Lord’s great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness.”

— Lamentations 3:22-23

“In this world you will have trouble. But take heart! I have overcome the world.”

— John 16:33

“He heals the brokenhearted and binds up their wounds.”

— Psalm 147:3

“I will not die but live, and will proclaim what the Lord has done.”

— Psalm 118:17

About the Author

David Cheong is a Singaporean author, speaker, and founder of 22 Destiny — a transformational platform for people who want to grow in wealth, AI, healing, influence, and calling, with clarity, wholeness, and purpose.

David's story is not one of a man who had it all figured out. It is the story of a man who lost himself — to depression, to divorce, to dependency — and found his way back through faith, surrender, and the daily practice of declaring God's Word.

Over the course of a decade-long battle with severe depression, David was hospitalised at the Institute of Mental Health in Singapore, spent years on multiple medications, and walked through what he describes as "in the belly of the whale." He emerged not despite those years, but because of what God did in them.

David is passionate about the intersection of faith and mental health, and believes strongly that the church must become a safer place for honest conversations about struggle, suffering, and healing.

He has served in ministry across Singapore and Asia, including mission work in Nepal and India. He continues to lecture, write, and mentor — and to tell anyone who will listen that their story is not over.

David lives in Singapore. He is a devoted father to his two sons.

Real Estate & Wealth Strategy

David helps entrepreneurs, business owners, and investors build wealth through strategic real estate decisions — turning property into a powerful engine for income, growth, and long-term security.

17+ Years Experience • 7,000+ Trained • Real Estate • AI • Education

davidcheongproperty.com

hello@cheongproperty.com

Connect with David at: 22 Destiny | 22destiny.com

Other Books by David Cheong

The Debt Trap Myth

Most people believe debt is the enemy of wealth. David turns that idea on its head. This book shows that your home loan, handled with six clear rules and one steady system, can quietly compound more wealth than years of optional investing — not because of luck, but because of architecture. A practical, encouraging reframe of how ordinary people can build lasting financial security with what they already have.

Property Wealth Engine

Your home may already be working for you — you just do not know it yet. David breaks down property wealth into three engines anyone can understand: Forced Savings, Income, and Capital Gain. Using real numbers and biblical stewardship principles, this book helps you see property not just as a place to live, but as a tool for provision, wisdom, and multi-generational legacy.

The Over 40 AI Advantage

You are not behind. You are not too late. Your two decades of real-world experience — your judgment, your relationships, your instinct for when something is off — are exactly what the AI era cannot replicate and

desperately needs. This book shows men and women over 40 how to step confidently into AI, not as beginners catching up, but as experienced professionals finally equipped with a powerful new tool.

Solopreneur AI Advantage

The one-person business has arrived — and AI is the engine behind it. David shows solopreneurs how to reclaim up to three hours a day, build a simple AI stack for under \$90 a month, and produce content that still sounds like them. Whether you are a coach, advisor, agent, or creative, this book gives you the practical playbook to do more meaningful work, serve more people, and build the business you were made for.

Visit 22destiny.com to discover more.

All titles are available on Amazon KDP in paperback and Kindle eBook.

22 Destiny

Grow with clarity, wholeness, and purpose.

Founded by David Cheong in 2026, 22 Destiny is a transformational platform for people who want to grow in wealth, AI, healing, influence, and calling — with clarity, wholeness, and purpose.

What We Help You Grow In

Wealth. Build financial intelligence and real estate strategy for lasting, multi-generational security.

AI. Integrate AI and systems thinking to make faster, better decisions and scale your impact.

Healing. Address the whole person — mind, soul, and body — so that wholeness is your foundation.

Influence. Grow in leadership that serves, builds, and leaves a legacy that outlasts you.

Calling. Discover and step into the life you were made for — with clear, grounded, unstoppable purpose.

22 Destiny

22destiny.com

Have you ever felt like the darkness would never lift?

For years, David Cheong battled severe depression in silence — the sleepless nights, the relentless thoughts, a hospital admission he never expected, and the terrifying belief that he would never be himself again.

This is not a book written from a comfortable distance. It is written from inside the storm — and from the other side of it.

Finding Light Again is an honest, heartfelt memoir that walks you through one man's real journey out of depression, faith crisis, hospitalisation, and years of recovery. With vulnerability and practical wisdom, David shares:

- What it really feels like to be trapped in depression
- How faith, community, and medical help all played a part
- The three things that finally broke through the darkness
- How to take your first step — even when you have nothing left
- Why a man of faith can still need medication — and why there is no shame in it
- The one conversation in February 2024 that broke through two years of darkness
- The three lies depression told him — and the Scripture that silenced every one

Whether you are walking through depression yourself, supporting someone who is, or simply searching for hope — this book is for you.

*“The storm is not forever.
And neither is your darkness.”*

— David Cheong