William Styron talks about emotional depression - YouTube 2 Nov 2006. With the publication of William Styron's memoir, "Darkness Visible," many American black activists declared open season on the author. William Styron, the Pulitzer Prize-winning novelist, has written a moving account of his battle with depression. Styron, who won the Pulitzer Prize for his novel "The Confessions of Nat Turner," has written a memoir of his fight against depression. In his book, "Darkness Visible," Styron shares his experience with depression and his struggle to overcome it. The publication of "Darkness Visible" has generated much interest and discussion about mental health and the stigma associated with depression. The memoir has been praised for its honesty and for raising awareness about the importance of seeking help for mental illness. William Styron's work has had a significant impact on American literature, and his memoir continues to inspire readers to speak out about their own experiences with mental illness. In his words, "Depression is a disease, not a moral failing. It can be treated, and people can recover."