The purpose of this caring study is to increase understanding of the essence of soul fatigue and what triggers the movement towards health. The study seeks answers to the following: 1. What is soul fatigue? 2. What initiates the movement from soul fatigue towards health? The study’s theoretical perspective is caring and methodology is hermeneutical. The study emanates from the caring science perspective developed at the Department of Caring Sciences, Åbo Akademi University under the guidance of Professor Katie Eriksson. Material for this study consists of an autobiographical book. The approach is hermeneutic and the interpretation is based on an interpretation model of Ödman. An existential interpretation is described in the study, which is reflected towards an interpretative framework that consists of soul, health, and suffering. The interpretation results in the following assumptions: Soul fatigue is a suffering for the human being. At times, suffering may be unbearable. When a human being is suffering from soul fatigue, she may have to give up the struggle and let go of her life to again initiate the movement towards health. When a human suffers from soul fatigue, the movement is more standstill and later return to more movement between suffering and health. It takes time to initiate this movement towards health. Finally, an ontological interpretation takes place by mirroring to the theoretical perspective. The interpretation results in the following assumptions: The soul fatigue affects not only the soul, but the entire unit is affected by the fatigue. Soul fatigue can be seen as a disease suffering and a form of life suffering. It is both a loss and a grief to suffer from soul fatigue. A soul fatigue human being needs to reconcile with herself and. When a human being is soul fatigue, the will to life may be decisive. Purification of a soul fatigue human being may be to be cared for and to let go, and just to experience genuine and loving care.