



Dealing With Depression: Trusting God through the Dark Times (Paperback)

By Sarah Collins, Jayne Haynes

Christian Focus Publications Ltd, United Kingdom, 2015. Paperback. Condition: New. Language: English . Brand New Book. Depression is a common complaint in the doctor s surgery and 1 in 5 of the population that is 20 of people will have at least one major episode in their lifetime. We are reassured here that just like our physical health we can go through good and bad emotional health. But how does the Christian deal with this? It is so easy for us to be riddled with guilt but in this book the Christian is reassured that God knows and deals with us by grace, He helps us move from guilt to grace. Written from a Biblical and medical perspective.



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