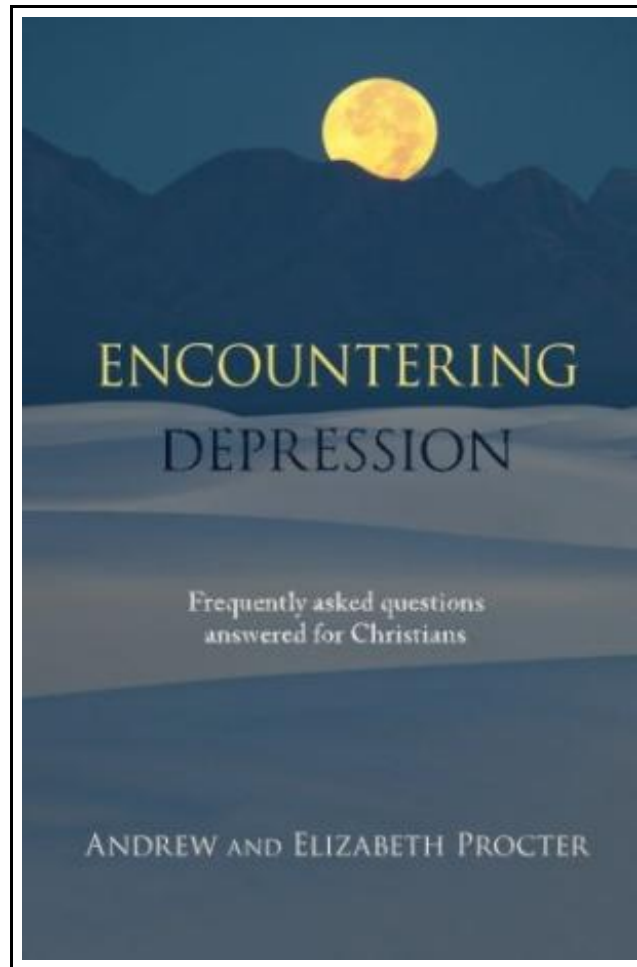


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SPCK Publishing. Paperback. Book Condition: new. BRAND NEW, Encountering Depression: Frequently Asked Questions Answered for Christians, Andrew Procter, Elizabeth Procter, These encouraging thoughts are the starting point of this compassionate and practical volume. In twenty short chapters, it looks at common questions and worries, such as 'What is depression?', 'Does it run in my family?', 'Why doesn't God heal me?', 'Why do I keep thinking of ending it all?' and 'How can I help myself?' After providing key information on each topic in question, the authors offer engaging real-life stories and quotations, material for reflection drawn from biblical and contemporary sources and a simple exercise to try to help the depressed reader feel better. Carers, friends and relatives of those suffering from depression will also benefit from the book, particularly the chapter entitled 'What can I do to help?'.



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