



Seeing in the Dark: Getting the Facts on Depression & Finding Hope Again

Gary Kinnaman, Richard Jacobs

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If you or someone you love suffers from depression, here's the help you've been looking for! Written by a medical doctor and a pastor who have been personally impacted by depression, this book confronts the myths that have developed around the disease and offers strategies for every area of life--physical, psychological, and spiritual--that it touches. Do you feel alone or helpless? Overcome by darkness? Let the experiences of fellow-sufferers and the expert advice presented here fill you with renewed hope for healing. A great resource for those who give counsel and support to others--pastors, counselors, small group leaders, teachers, concerned friends and family members.

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