



# Understanding Depression and Finding Hope

*Gary Kinnaman, Richard M.D. M.D. Jacobs*

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For anyone who suffers from depression or knows someone who does, Understanding Depression and Finding Hope is the book they've been looking for. Written by a pastor and a medical doctor 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.

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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