



How to Overcome Depression God s Way: 9 Easy Steps for Restoring Hope (Paperback)

By Amy Hagerup

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Are you a Christian who wants to know how to overcome depression and discouragement? As Christians, we know that we are not immune to life s hurts. We are living in troubled times and sometimes those struggles we deal with are overpowering to us - making it hard for us to function well. We are in need of some stress management tips that can help us overcome the anxiety that fills our days. We want skills to help us know how to get help for depression God s Way. Check out these 9 Easy Steps for Restoring Your Hope! There are many different hurts you might dealing with right now such that you are seeking spiritual help from God s Word. Check out some of these possibilites: Financial: Job loss, stock market failing, nest egg diminishing, foreclosure, pay reduction, bill collection, too much month left over after the money runs out. Health: Aching joints, cancer, high cholesterol, another cold, sickly kids, deteriorating parents, pre-diabetes, absolutely no energy any more. Family: Death of a loved one,...



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