



Defeating Depression: Real Hope for Life-Changing Wholeness

Leslie Vernick

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"Leslie Vernick is a wise counselor... She is an experienced and thorough trainer who shares clearly and practically the necessary steps for getting into shape spiritually, emotionally, and physically in order to contend with depression. This is a wonderful, comprehensive guide..."

--Cynthia Heald, international speaker and author

One in five women will experience clinical depression in her lifetime. Christian counselor and author Leslie Vernick offers words of hope and encouragement as she helps women understand the symptoms of depression, what causes depression, and what steps they can take to get better and grow stronger. Employing godly wisdom and surprising insights, Leslie shares on vital topics, such as these:

- Depression is revealing something about you. Listen to it.
- Growth takes time and practice.
- Things are not hopeless; you are not helpless; and you are not worthless.

Defeating Depression is a timely resource for women battling depression or for family and friends who love them and want to understand what they are going through.

Formerly titled *Getting Over the Blues*

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Reading can called imagination hangout, why? Because when you find yourself reading a book particularly book entitled Defeating Depression: Real Hope for Life-Changing Wholeness your thoughts will drift away trough every dimension, wandering in most aspect that maybe unknown for but surely will end up your mind friends. Imaging every word written in a reserve then become one application form conclusion and explanation which maybe you never get previous to. The Defeating Depression: Real Hope for Life-Changing Wholeness giving you a different experience more than blown away your head but also giving you useful facts for your better life in this particular era. So now let us teach you the relaxing pattern is your body and mind will probably be pleased when you are finished studying it, like winning a casino game. Do you want to try this extraordinary investing spare time activity?

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