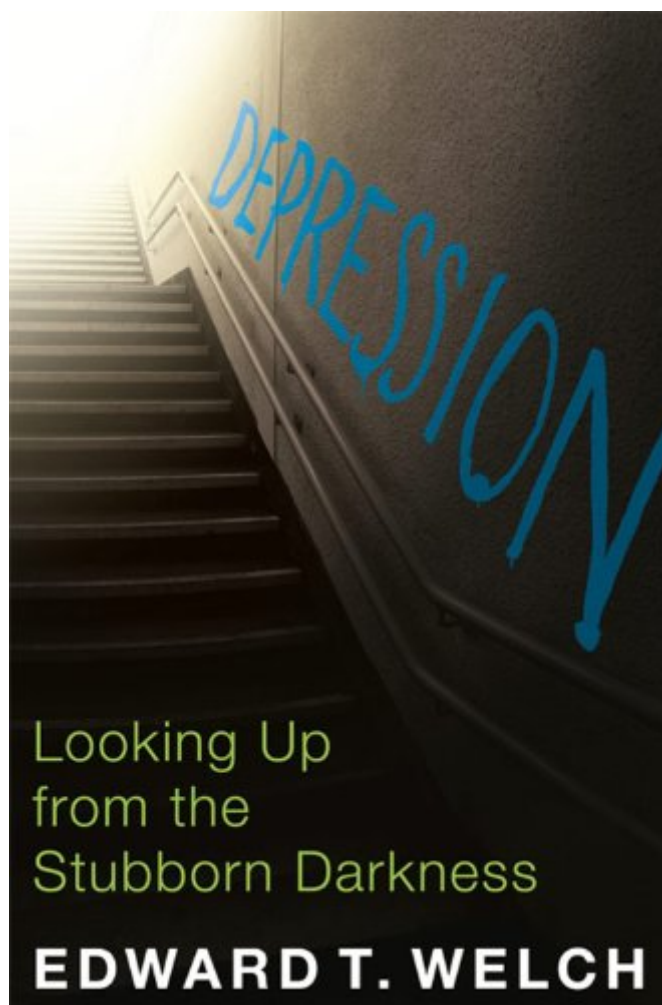


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# Depression: Looking Up From The Stubborn Darkness



## Synopsis

Where Is God in the Struggle? Looking away from despair towards hope can feel risky. What if God doesn't come through for you? What if you don't feel instantly better? Instead of offering simple platitudes or unrealistic "cure-all" formulas, Edward T. Welch addresses the complex nature of depression with compassion and insight, applying the rich treasures of the gospel, and giving fresh hope to those who struggle. Originally published as *Depression: A Stubborn Darkness*, *Light for the Path*, this new edition is updated with added content. "I cannot overstate the importance, timeliness, and helpfulness of this book. Ed has given us the wisdom that only comes from a heart shaped by the gospel and a deep compassion for people, generated by the love of Jesus. This is a must read and a must share." Scotty Smith, Senior Pastor, Christ Community Church; author of *The Reign of Grace and Objects of His Affection* "An all-too-rare combination of gospel understanding, biblical wisdom, personal empathy and long counseling experience shines through these pages. What is most needed is a course of divinely prescribed anti-depressants. Like a skilled spiritual pharmacist, Ed Welch fills that prescription for us." Sinclair B. Ferguson, Senior Minister, First Presbyterian Church, Columbia, S.C.; theologian; author of *The Christian Life* "I have come to rely on Ed Welch and others at CCEF for guidance and insight in better understanding the issues of the soul that plague many people today. For those who want to address more than just the symptoms of depression, Ed's counsel is invaluable." Bob Lepine, Co-Host, *FamilyLife Today* -- Edward T. Welch, M.Div., Ph.D., is a licensed psychologist and faculty member at the Christian Counseling & Educational Foundation (CCEF). He has counseled for over twenty-five years and has written many books including *When People Are Big and God Is Small*; *Addictions: A Banquet in the Grave*; *Running Scared: Fear, Worry, and the God of Rest*; *Crossroads: A Step-by-Step Guide Away from Addiction*; and *When I Am Afraid: A Step-by-Step Guide Away from Fear and Anxiety*. Ed and his wife Sheri have two married daughters and four grandchildren.

## Book Information

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## Customer Reviews

Edward Welch is a gifted author and caring person. I've read his book on Anxiety and now this one on Depression. Note- if you or someone you know suffers from depression, you don't want to be reading this book in public. It will pull at your heart on every page and leave you sobbing (in a good way most of the time)!

I have not finished reading this yet, however, what I have read is clear, concise and beneficial. I am reading this for further insight into a loved one's pain and suffering and it certainly has helped me gain further understanding. Edward Welch does not mince his words or water them down with platitudes, but gets down to the root of things, with the understanding that everyone has different things they are dealing with, but learning to turn to the Lord and recognize He is deliverer is key to our healing. Working through depression is a process that takes time, but there is always hope and this book makes that message clear.

Excellent material. Reaches several aspects of depression in such a practical way, always giving a Christ-based perspective. A must if you are going through this kind of situations.

This book was well-researched & shows a clear understanding of the challenges faced by individuals dealing with depression. From a faith-based perspective, the author takes a careful look at the causes of depression as well as the complexities of its genesis & progress. He also offers

some very concrete & practical suggestions to help both those who suffer from depression & those who care for them.

Was very helpful as I was dealing with depression, even though the last thing you want to do is read a book, this book was not like that kind of nagging book. Very sympathetic.

Ed Welch, gets inside of depressed people. He covers many different causes of depression, and directs the reader to the Bible and the hope of the gospel on each one. I read this book to help others struggling with depression. It is helpful for that, you will gain empathy and understanding. It also is great at helping individuals caught in the quicksand of depression.

This book was an encouragement to me. The author does a great job of describing the battle of depression and the lies that go with it. He also guides you to deep truths from God's word. I recommend reading it with a friend.

Incredible resource. Lifechanging for those struggling with depression or if you know some one who is.

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Depression: The Depression Cure: The 11-Step Program to Naturally Beat Depression For Life (depression cure, depression books, depression and anxiety, ... emotional intelligence, mood disorders)  
Depression: Looking Up from the Stubborn Darkness  
The Depression Workbook: A Guide for Living with Depression and Manic Depression, Second Edition  
Postpartum Depression: How to Overcome Postpartum Depression and Be a Happy Mom (Postnatal Depression)  
Postpartum Depression Cure: The Self-Help Guide To Overcome Depression After Childbirth (Post partum anxiety, Post partum weight loss, Post partum depression)  
Teen Depression: A Parent's Guide for Recognizing the Signs of Teenage Depression and Helping Your Child Find Happiness Again ~ ( Help for Depression in Teens )  
This Present Darkness/Piercing the Darkness: Piercing the Darkness  
A Woman Looking at Men Looking at Women: Essays on Art, Sex, and the Mind  
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