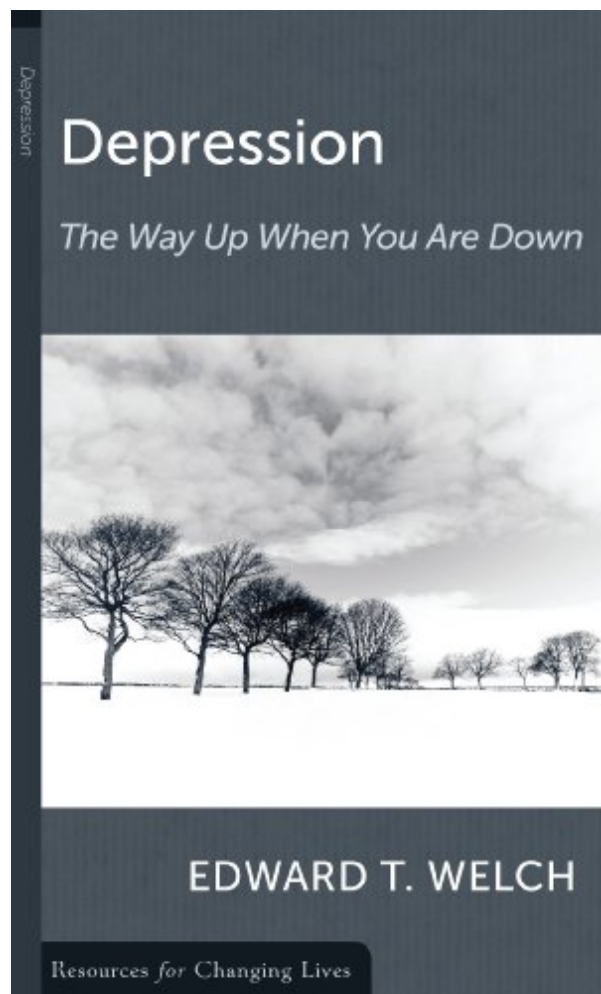


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About the Author

Edward T. Welch (PhD, University of Utah) serves both the Christian Counseling and Educational Foundation (CCEF) and Westminster Theological Seminary. At CCEF, he is director of counseling and academic dean, as well as a counselor and faculty member. At Westminster, he is professor of practical theology. He is author of *Blame It on the Brain* and *When People Are Big and God Is Small* and has contributed to several other books and journals, including the *Journal of Psychology and Christianity*.

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If you are one of the many people suffering from depression, there is hope and there is help a way up when you are down. This booklet provides manageable steps for getting started on the path that leads out of depression.

- Sales Rank: #210731 in Books
- Color: Other
- Brand: P & R Publishing Co.
- Published on: 2000-10-01
- Original language: English
- Number of items: 1
- Dimensions: 6.70" h x .70" w x 4.00" l, .10 pounds
- Binding: Paperback
- 32 pages

Features

- Depression
- Emotional numbness
- fear
- withdrawal
- fatigue

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Most helpful customer reviews

8 of 8 people found the following review helpful.

Very helpful little booklet!

By Melanie Johnson

This is some of the best information on the subject that I have found. Great for sufferers AND those who love them. Depression is a very real condition and not something you can just 'will' away. This small booklet is full of good information and not overwhelming at all. I have purchased several and given them to people I love who suffer with depression. All have told me that they found it very helpful.

0 of 0 people found the following review helpful.

excellent resource for counselors

By Hannah Bowers

This mini-series covers modern issues that people face. It gives biblical answers to the hard questions. Excellent source for any pastor or counselor.

4 of 5 people found the following review helpful.

VERY STRONG BELIEVER IN THE FALLEN OR ILL BODY

By Un esclave ignorant s'inclina devant un Saint Majestic Dieu

Dr. Welch has always been a strong supporter of biological illnesses impacting mood. He assumes this is part of English speaking culture. He has always encouraged my physiology work, neurology work and psychopharmacology work.

He has done advanced doctoral work on physiology and primates.

I think to cut to chase he appeals that we can make good things into gods. Many would agree and use other terms. **HE IS A RADICAL THEIST. HE THINKS AND WRITES IN A WORLD WITH A PERSONAL GOD WHO IS LOVING AND ALSO HOLY.**

That latter word is rare these days.

Simply, he appeals to people not to embrace victimization, since that makes things worse if stay in that place, but that suffering and actions that are not constructive undermine emotional health.

Dr. Ed can say new things about old set principles and it is not obvious since saying in a way that is not boring.

He is happy to steal ideas from all genres of psychology, his area, but is not the slave of any.

This is a kind, humble and very caring man. He does NOT believe in the trivialization of faith as a wart on the body.

I say to all psychologists that one should not waste time if signs of a biological component, but I see that in too MANY non-MD mental health workers. And Dr. Welch is not anti-pharmacology, but may want to be sure it is not due to an addiction or due to serial affairs if depression is modest. If the drugs or actions increase despair and a feeling of slavery, he may address this to help you. Since body damage and treating people as things in alienated sex is not generally helpful to mood--unless one is a psychopath.

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