



Strength for the Journey: Biblical Perspective on Discouragement & Depression

James P. Porowski, Paul B. Carlisle

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Depression continues to be the number one health problem in America.

Strength for the Journey helps pastors, counselors, and individuals gain insight into the symptoms and possible treatments for depression. This practical, trustworthy study explores five causes of depression: loss, anger, stress, medical problems, and personal sin. Includes leader helps for facilitating small-group discussion.

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