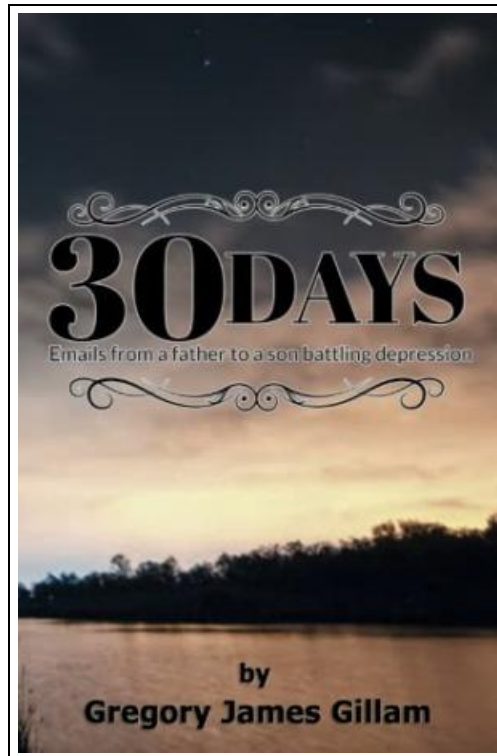


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## 30 DAYS: EMAILS FROM A FATHER TO A SON BATTLING DEPRESSION (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. He had been struggling with depression and anxiety for years, but no one really knew how deep it went. When my son shared with me that he struggles with debilitating depression and anxiety, I felt paralyzed and unable to help him. I felt that somehow I had failed him, that I missed the opportunities to give him the love and security he needed. Where did I go wrong? It wasn't until after he really began to open up to me, that I realized that it wasn't my fault, it wasn't his fault, it was no one's fault. After seeking help with the physical, social and mental part of this disease - there was still something missing. The counseling was helping, the medicine stopped the attacks, his social life began to open up and provide healing, but there was still something that wasn't being filled. I quickly realized that we far too often neglect, and sometimes avoid, the spiritual side of depression and anxiety. As ignorant as it is to focus ONLY on the spiritual side, it is just as ignorant to believe that secular counseling and medicine can bring us completely whole again. It was then that I dedicated myself to spend 30 days in God's Word and seek His answers to depression and anxiety. I did not expect to find much, but was surprised when the words came alive and began to flood my heart and mind. God has SO MUCH to say about this. The Bible is filled with stories, examples and healing words to those who struggle with this terrible life-stealing disease. Each day I would spend time in the...



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