



Breaking Through Depression: A Biblical and Medical Approach to Emotional Wholeness

Donald P. Hall

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Depression affects a person mentally, spiritually, and physically, greatly impacting their lives and the people they love. With empathy and clear language, psychiatrist Donald Hall explains recent scientific discoveries about the role of chemicals in the brain, and how depression, like other illnesses, has symptoms and cures.

Hall integrates spiritual, medical, and psychological principles in his SMART model that leads those suffering from depression to the hope of recovery and healing.

- **Stop Addiction:** Don't make depression worse by substance abuse
- **Medicate Chemical Imbalances:** Have wise counsel for antidepressant management
- **Adjust Expectations of Yourself:** Release burdens and evaluate self-image distortions
- **Revise Your Relationships with Others:** Set boundaries, talk, practice forgiveness
- **Track with the Holy Spirit:** See your brokenness and lean on prayer and fellowship

For readers who are suffering from or living with someone dealing with depression, Hall shares fresh scientific discoveries while standing firmly on the good news of God's hope.

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A lot of people always spent their free time to vacation or perhaps go to the outside with them family members or their friend. Do you realize? Many a lot of people spent they will free time just watching TV, or even playing video games all day long. If you want to try to find a new activity here is look different you can read any book. It is really fun for you personally. If you enjoy the book which you read you can spent the whole day to reading a reserve. The book Breaking Through Depression: A Biblical and Medical Approach to Emotional Wholeness it is quite good to read. There are a lot of individuals who recommended this book. We were holding enjoying reading this book. If you did not have enough space bringing this book you can buy often the e-book. You can m0ore quickly to read this book out of your smart phone. The price is not too costly but this book offers high quality.

Keith Mayo:

Are you kind of stressful person, only have 10 or maybe 15 minute in your day time to upgrading your mind ability or thinking skill perhaps analytical thinking? Then you have problem with the book when compared with can satisfy your short space of time to read it because all of this time you only find book that need more time to be examine. Breaking Through Depression: A Biblical and Medical Approach to Emotional Wholeness can be your answer since it can be read by an individual who have those short free time problems.

Tim Gonzalez:

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word says, ways to reach Chinese's country. Therefore this Breaking Through Depression: A Biblical and Medical Approach to Emotional Wholeness can make you feel more interested to read.

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