



New Light on Depression: Help, Hope, and Answers for the Depressed and Those Who Love Them

David B. Biebel, Harold G. Koenig

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Moving Back toward Wholeness

What is depression, really? A psychological disorder? An emotional problem? A case of negative self-talk? A spiritual weakness? Unresolved anger? A medical condition? How can it be successfully treated?

Whether you need a lifeline to cling to, knowledge to clear confusion, help determining the next step, or strength to help a loved one, *New Light on Depression* offers hope and healing. With understanding born of personal and professional experience, the authors—one a psychiatrist and the other a minister—untangle the web of depression, guiding you through

- an understanding of depression
- myths and misunderstandings
- symptoms and diagnoses
- causes and treatments
- spiritual struggles and gifts of grace

Written for those who suffer from depression and those who want to help—family members, pastors, friends—this book equips you with the knowledge and tools to move toward a life of joy once more. It covers the full range of concerns, including the use of antidepressants. With personal applications, questions for reflection, and evaluation guides, *New Light on Depression* is a medically reliable and biblically sound resource for finding faith and strength in the midst of depression and emerging again whole and healthy.

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