

**WHEN LIFE GOES DARK: FINDING HOPE IN THE
MIDST OF DEPRESSION**

Alayne E. Julson

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Editorial Reviews. Review. "As a pastor for over thirty years, I must engage in my own personal battle with depression and anxiety while seeking to equip others.

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Depression strikes millions, across all ages and demographic groups. Approximately one in eight will have a severe depressive episode at.

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by: Richard Winter Psychiatrist and theologian Richard Winter explores the complex issues surrounding depression. He sorts through scientific research, dispels.

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Richard Winter IVP Books, , pp., \$15 Decades of professional experience working with people suffering with depression and other clinical disorders.

When Life Goes Dark: Finding Hope in the Midst of Depression by Richard Winter

Psychiatrist and theologian Richard Winter explores the complex issues surrounding depression. He sorts through scientific research, dispels common.

Related books: [Functional Electromyography: Provocative Maneuvers in Electrodiagnosis](#), [Paleo Desserts \(Quick N Easy Paleo Book 6\)](#), [La Casa Pre \(Spanish Edition\)](#), [This Cant Be Normal](#), [The Picnic Hamper](#).

This was a book full of diverse information related to depression. For those simply wanting to grasp the dynamics and difficulty of depression or assist those who face it, here is a compass with which to navigate these dangerously turbulent waters.

The book presents information in a very "human" way, allowing the reader to truly understand. I particularly enjoyed the various contemporary and historic examples of people coping with the world and all its brokenness: personal, biological, social, spiritual. His books include.

Its practical wisdom will reduce the likelihood of these dark nights of the soul. Academic.