



I'm Not Supposed to Feel Like This: A Christian Approach to Depression and Anxiety

By Ingrid Whitton, Paul Richards, Christopher J. Williams

Hodder & Stoughton General Division. Paperback. Book Condition: new. BRAND NEW, I'm Not Supposed to Feel Like This: A Christian Approach to Depression and Anxiety, Ingrid Whitton, Paul Richards, Christopher J. Williams, Depression is so common that it has been described as 'the common cold of psychiatry'. It is particularly difficult for Christians - there is often a feeling that Christians 'shouldn't' get depressed, and that it and anxiety are the result of a poor or damaged relationship with God. I'M NOT SUPPOSED TO FEEL LIKE THIS is an empowering and practical response to such common feelings. In the style of a workbook, with constant reference to the Bible, and the example of Jesus, it helps the reader to understand why they feel the way they do, and to draw on God's love and grace to find a path through depression and anxiety. The authors are all Christians, and experienced counsellors and psychiatrists.



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