



Unveiling Depression in Women: A Practical Guide to Understanding and Overcoming Depression

Archibald Hart, Catherine Hart Weber

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Almost every women in America has either suffered from depression or knows a close friend or family member who has. Depression in women is an epidemic, and it's frustrating particularly for believers who are told that Christians shouldn't feel depressed. What is a biblical perspective on depression? What causes it in women? How do you treat it? Unveiling Depression in Women is an up-to-date and comprehensive resource for women experiencing mild to moderate depression. It addresses types of depression, proven treatments, strategies for wellness, and God's plan for wholeness. Hart and Weber redeem depression as an opportunity for growth and change. Unveiling Depression in Women helps readers not only to find healing but also to build resilience so they can prevent and be aware of signs of recurring depression. A practical and inspirational resource, this book contains exercises that encourage proactive, intentional living. A special chapter for loved ones and friends helps them better understand depression and how to be supportive.

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Cathy Duran:

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