



Released: Setting Your Spirit Free from Depression Anxiety

By Tina Thompson

Tate Publishing Enterprises, United States, 2009. Paperback. Book Condition: New. 173 x 124 mm. Language: English . Brand New Book ***** Print on Demand *****.Anyone who has experienced the darkness of depression in their soul, or debilitating fear in the form of anxiety, should walk with Tina on her journey. Chuck Hannaford, Ph.D. Executive Director, HeartLife Professional Soul-Care Clinical Professor of Biblical Counseling, The Southern Baptist Theological Seminary Author, Picking up the Pieces Handbook: Creating a Dynamic Soul-Care Ministry in Your Church I was a pro at putting on a false face. But inside I was dying and crying for relief. Depression can be a prison and no one knows better than Tina Thompson what it means to be trapped in the cage of sadness and apathy. In Tina s autobiographical account of struggling for years with depression, she paints a picture of what it takes to overcome anxiety and depression and live a truly fulfilling life knowing that nobody is alone. She delves into the roots of depression, highlighting key symptoms including apathy and emotional trauma. She encourages all sufferers to stop fighting for control, to let God take over. Through faith, exercise, and self-awareness, anyone can break the...



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Reviews

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-- **Ms. Fatima Erdman**

This ebook is very gripping and intriguing. I have got read through and i also am confident that i will gonna read through yet again again down the road. Its been written in an extremely straightforward way and it is merely right after i finished reading this book through which actually altered me, alter the way i really believe.

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