



Depressie - simptome, oorsake en genesing (eBoek): Oorkom die emosionele pyn en leef 'n gelukkige, vervullende lewe (Afrikaans Edition)

Frank Minirth, Paul Meier

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Depressie kan wissel van lig tot akuut, vir 'n kort rukkie aanhou of 'n duisternis wees wat nooit wyk nie. Drs. Frank Minirth en Paul Meier glo egter dat hierdie emosionele pyn oorwin kan word of selfs heeltemal voorkom kan word. Uit Bybelse kennis, hulle professionele ervaring en ondervinding as beraders het hulle antwoorde op vrae soos:

- Wat is die simptome van depressie?
- Wat is die hooforsaak van emosionele pyn?
- Watter persoonlikhede is meer geneig tot depressie?
- Watter mediese behandeling is beskikbaar vir depressie?

In DEPRESSIE – SIMPTOME, OORSAKE EN GENESING ondersoek drs. Minirth en Meier die komplekse verhouding tussen jou geestelike lewe en sielkundige gesondheid. Hulle gee die basiese stappe hoe om van depressie te herstel om sodoende 'n gelukkige, vervullende lewe te lei. Gesinne, leraars, beraders en enigiemand wat met depressie worstel, sal baat vind by hierdie boek.

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