



# Breaking Through Depression: A Biblical and Medical Approach to Emotional Wholeness

*Donald P. Hall*

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Depression affects a person mentally, spiritually, and physically, greatly impacting their lives and the people they love. With empathy and clear language, psychiatrist Donald Hall explains recent scientific discoveries about the role of chemicals in the brain, and how depression, like other illnesses, has symptoms and cures.

Hall integrates spiritual, medical, and psychological principles in his SMART model that leads those suffering from depression to the hope of recovery and healing.

- **Stop Addiction:** Don't make depression worse by substance abuse
- **Medicate Chemical Imbalances:** Have wise counsel for antidepressant management
- **Adjust Expectations of Yourself:** Release burdens and evaluate self-image distortions
- **Revise Your Relationships with Others:** Set boundaries, talk, practice forgiveness
- **Track with the Holy Spirit:** See your brokenness and lean on prayer and fellowship

For readers who are suffering from or living with someone dealing with depression, Hall shares fresh scientific discoveries while standing firmly on the good news of God's hope.

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Have you spare time for just a day? What do you do when you have more or little spare time? Yep, you can choose the suitable activity to get spend your time. Any person spent all their spare time to take a walk, shopping, or went to often the Mall. How about open as well as read a book allowed Breaking Through Depression: A Biblical and Medical Approach to Emotional Wholeness? Maybe it is being best activity for you. You realize beside you can spend your time using your favorite's book, you can more intelligent than before. Do you agree with their opinion or you have different opinion?

#### **Effie Phillips:**

Information is provisions for those to get better life, information these days can get by anyone in everywhere. The information can be a information or any news even restricted. What people must be consider any time those information which is inside the former life are difficult to be find than now is taking seriously which one works to believe or which one the particular resource are convinced. If you have the unstable resource then you understand it as your main information you will see huge disadvantage for you. All of those possibilities will not happen throughout you if you take Breaking Through Depression: A Biblical and Medical Approach to Emotional Wholeness as your daily resource information.

#### **Manuel Arndt:**

Playing with family in a park, coming to see the water world or hanging out with friends is thing that usually you have done when you have spare time, in that case why you don't try factor that really opposite from that. One activity that make you not feeling tired but still relaxing, trilling like on roller coaster you are ride on and with addition of knowledge. Even you love Breaking Through Depression: A Biblical and Medical Approach to Emotional Wholeness, you can enjoy both. It is good combination right, you still would like to miss it? What kind of hang type is it? Oh seriously its mind hangout people. What? Still don't get it, oh come on its named reading friends.

#### **Jennifer David:**

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