



A Woman's Guide to Overcoming Depression

Archibald Hart, Catherine Weber

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"I seem to cry over nothing these days."

"Why am I having such a hard time making simple decisions?"

"Lately, it's difficult just getting out of bed."

"I'm so irritable; what's wrong with me?"

Nearly every woman, at some time during her life, will experience the crippling effects of depression. But these debilitating emotions can be managed and sometimes even conquered.

A Woman's Guide to Overcoming Depression offers you encouragement and hope. The authors are experienced therapists who encourage a holistic approach of counseling, health care, spirituality, and medication when necessary. This inspirational resource will help you

- examine the symptoms of depression,
- understand its causes,
- learn about remedies to heal the whole body, and
- walk the path to recovery.

Discover a proactive approach to growing through or living with depression and how you can redeem it as an opportunity for learning and growth.

Archibald Hart, Ph.D., is licensed in the state of California as a psychologist and is board certified in psychopharmacology. He is professor of psychology at Fuller Theological Seminary and the author of many books.

Catherine Hart Weber, Ph.D., is a licensed marriage and family therapist, specializing in psychotherapy from a Christian perspective. The coauthor of *Secrets of Eve*, she writes and speaks on topics relating to marriage, parenting, sexuality, and personal wellness.

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