



# Strength for the Journey: Biblical Perspective on Discouragement & Depression

*James P. Porowski, Paul B. Carlisle*

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Depression continues to be the number one health problem in America.

*Strength for the Journey* helps pastors, counselors, and individuals gain insight into the symptoms and possible treatments for depression. This practical, trustworthy study explores five causes of depression: loss, anger, stress, medical problems, and personal sin. Includes leader helps for facilitating small-group discussion.

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