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Getting Over the Blues: A Woman's Guide to Fighting Depression

Leslie Vernick

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Getting Over the Blues: A Woman's Guide to Fighting Depression Leslie Vernick

One in five women will experience clinical depression in her lifetime. Christian counselor Leslie Vernick offers words of hope and encouragement as she helps women understand the symptoms of depression, what causes depression, and what steps they can take not only to get better but to grow stronger. Employing godly wisdom and surprising insights, Leslie addresses the following:

- Depression is revealing something about you. Listen to it.
- Growth takes time and practice.
- Things are not hopeless, you are not helpless, and you are not worthless.

Getting over the Blues is a timely resource for women battling depression and the men and women who love them and want to understand what they are going through.

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