

Ready To Win? Over Depression - Thelma Wells

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Every year depression strikes more than 35 million in the United States alone. Popular speaker and author Thelma Wells knows firsthand how difficult depression can be. She provides powerful tools readers can use to successfully battle depression. With her trademark action-based, faith living, Thelma offers powerful real-life stories, medical facts, and biblical truths. She helps readers evaluate where they are (clinical depression, situational depression, the blues) and implement four steps to counter life's negatives: change the way they talk, share their feelings with someone, take care of their health, physical and mental, get outside themselves by helping others. Using interactive self-evaluations, readers tackle depression at the source by applying God's promises and principles. Thelma says, "Most of all, they'll see how they can become winners over the effects of depression. Don't give in! God wants you to win in every situation!"

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