

Surviving Depression: A Catholic Approach - Kathryn J. Hermes Fsp

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Embark on a journey of faithful hope and spiritual healing with best-selling author Kathryn J. Hermes, FSP. Updated contemporary international, national, and ecclesial acknowledgements provide a grounded reality with which to approach depression. Prompted by theological and sociological concerns, this spiritual companion operates from the Catholic tradition but extends into the biological, psychological, environmental and genetic components of depression. An entirely new section, 8 Steps to Inner Peace, offers insightful scriptural reflections and a step-by-step practical guide to finding peace. Author: FSP, Kathryn J. Hermes Publisher: Pauline Books and Media Illustration: N Language: ENG Title: Surviving Depression: A Catholic Approach Pages: 00192 (Unencrypted EPUB) On Sale: 2012-11-28 SKU-13/ISBN: 9780819872258 Category: Self-Help : Depression

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