



When Life Goes Dark: Finding Hope in the Midst of Depression

Richard Winter

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Depression strikes millions, across all ages and demographic groups. Approximately one in eight will have a severe depressive episode at some point in their life. Women experience depression twice as often as men. And over fifty percent of people with serious depression do not get adequate help. What can be done? Psychiatrist and theologian Richard Winter explores the complex medical and psychological issues surrounding depression. He sorts through recent scientific research on its biochemical and genetic causes and examines social and cultural factors. Winter also dispels common Christian misunderstandings of depression and looks at how biblical characters experienced severe despair. Throughout he offers ways to help the suffering. Even in the shadow of the valley of death, there is hope for healing and deliverance. This book is a helpful guide for those who find themselves, their loved ones or those they counsel vulnerable to depression. Find here a framework both for understanding depression and for rediscovering hope.

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