



# How to Win Over Depression

*By Tim LaHaye*

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## How to Win Over Depression By Tim LaHaye

Depression is today's leading emotional problem, with a skyrocketing number of reported cases. But there's much hope for those who suffer. If you or a loved one struggle with depression, whether mild or severe, Dr. Tim LaHaye assures you that there is a way to overcome those dark, hopeless feelings--even if previous counseling hasn't helped. With over one million copies sold since its first printing in 1974, *How to Win Over Depression* has made a life-changing difference for countless people worldwide. Now completely revised to incorporate the latest research, this book outlines principles from the Bible that can help you put depression behind you and keep it there, regardless of your circumstances. Dr. LaHaye examines the causes and treatments of depression, including physical imbalances and the therapeutic use of anti-depressants. Then, in simple language, he describes his own approach--one that's proved successful time and again for over twenty years. Digging beyond the physical and emotional components of depression, Dr. LaHaye takes you to its spiritual root and provides a means for eradicating it from your life. So whether it's just a case of the blues or a serious overwhelming sense of despair, depression doesn't have to master you. Learn how you can master it with *How to Win Over Depression*.

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## **How to Win Over Depression By Tim LaHaye Bibliography**

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## **Editorial Review**

### **From the Publisher**

The problem of depression is a skyrocketing crisis in our society today. Dr. LaHaye presents a fresh new approach to overcoming this problem--and writes of its causes and cure. This book points to the true cause of depression, and offers a workable solution for winning over what is rapidly becoming the emotional epidemic of our time.

### **From the Author**

Tim LaHaye is founder and president of Family Life seminars, a national family ministry that organizes seminars throughout the country. In addition he was instrumental in founding the Institute for Creation Institute, an organization that forms debates on secular college campuses and produces a monthly magazine. He was president and founder of Christian Heritage College and San Diego Unified Christian School System. LaHaye has published many best-selling books, including How to Manage Pressure Before Pressure Manages You, How to Win Over Depression, The Act of Marriage, and The Coming of Peace in the Middle East

### **From the Back Cover**

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## **Users Review**

### **From reader reviews:**

#### **Victor Banister:**

Have you spare time for just a day? What do you do when you have considerably more or little spare time? That's why, you can choose the suitable activity to get spend your time. Any person spent their spare time to take a stroll, shopping, or went to the actual Mall. How about open or read a book titled How to Win Over Depression? Maybe it is to get best activity for you. You know beside you can spend your time using your favorite's book, you can more intelligent than before. Do you agree with their opinion or you have some other opinion?

**Dorothy Bernstein:**

Here thing why this kind of How to Win Over Depression are different and reputable to be yours. First of all looking at a book is good however it depends in the content from it which is the content is as delightful as food or not. How to Win Over Depression giving you information deeper including different ways, you can find any reserve out there but there is no publication that similar with How to Win Over Depression. It gives you thrill reading journey, its open up your own eyes about the thing that happened in the world which is possibly can be happened around you. You can easily bring everywhere like in park, café, or even in your approach home by train. For anyone who is having difficulties in bringing the imprinted book maybe the form of How to Win Over Depression in e-book can be your substitute.

**Robert Watts:**

The book untitled How to Win Over Depression contain a lot of information on it. The writer explains her idea with easy technique. The language is very straightforward all the people, so do definitely not worry, you can easy to read the item. The book was published by famous author. The author will bring you in the new era of literary works. It is easy to read this book because you can keep reading your smart phone, or program, so you can read the book within anywhere and anytime. If you want to buy the e-book, you can available their official web-site and order it. Have a nice go through.

**Robert Hansen:**

This How to Win Over Depression is completely new way for you who has interest to look for some information mainly because it relief your hunger associated with. Getting deeper you on it getting knowledge more you know or perhaps you who still having bit of digest in reading this How to Win Over Depression can be the light food in your case because the information inside that book is easy to get by simply anyone. These books build itself in the form and that is reachable by anyone, yep I mean in the e-book form. People who think that in book form make them feel tired even dizzy this e-book is the answer. So there is not any in reading a reserve especially this one. You can find what you are looking for. It should be here for you actually. So , don't miss the idea! Just read this e-book variety for your better life in addition to knowledge.

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