



Depression: Looking Up from the Stubborn Darkness

Edward T. Welch

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Depression: Looking Up from the Stubborn Darkness Edward T. Welch Where Is God in the Struggle?

Looking away from despair towards hope can feel risky. What if God doesn't come through for you? What if you don't feel instantly better? Instead of offering simple platitudes or unrealistic "cure-all" formulas, Edward T. Welch addresses the complex nature of depression with compassion and insight, applying the rich treasures of the gospel, and giving fresh hope to those who struggle. Originally published as *Depression: A Stubborn Darkness—Light for the Path*, this new edition is updated with added content.

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"I cannot overstate the importance, timeliness, and helpfulness of this book. Ed has given us the wisdom that only comes from a heart shaped by the gospel and a deep compassion for people, generated by the love of Jesus. This is a must read and a must share."

Scotty Smith, Senior Pastor, Christ Community Church; author of *The Reign of Grace and Objects of His Affection*

"An all-too-rare combination of gospel understanding, biblical wisdom, personal empathy and long counseling experience shines through these pages. What is most needed is a course of divinely prescribed anti-depressants. Like a skilled spiritual pharmacist, Ed Welch fills that prescription for us."

Sinclair B. Ferguson, Senior Minister, First Presbyterian Church, Columbia, S.C.; theologian; author of *The Christian Life*

"I have come to rely on Ed Welch and others at CCEF for guidance and insight in better understanding the issues of the soul that plague many people today. For those who want to address more than just the symptoms of depression, Ed's counsel is invaluable."

Bob Lepine, Co-Host, FamilyLife Today

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Edward T. Welch, M.Div., Ph.D., is a licensed psychologist and faculty member at the Christian Counseling & Educational Foundation (CCEF). He has counseled for over twenty-five years and has written many books including *When People Are Big and God Is Small*; *Addictions: A Banquet in the Grave*; *Running Scared: Fear, Worry, and the God of Rest*; *Crossroads: A Step-by-Step Guide Away from Addiction*; and *When I Am Afraid: A Step-by-Step Guide Away from Fear and Anxiety*. Ed and his wife Sheri have two married daughters and four grandchildren.

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