



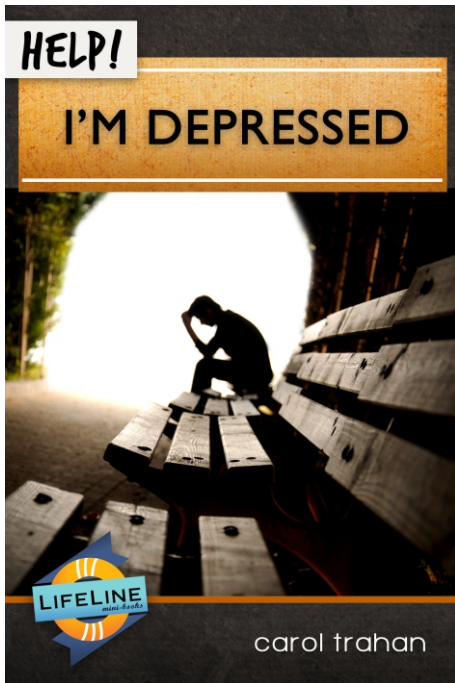
New Mini-Book from

# Shepherd Press

Gospel driven • Heart focused • Life changing



From the publishers of *Shepherding a Child's Heart*



### At a Glance...

Help! I'm Depressed

Carol Trahan

Mini-Book, 64pp, 6 x 4 inches,  
Saddle stitched

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Consulting Editor: *Dr. Paul Tautges*



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REL050000 RELIGION / Christian Ministry /  
Counseling & Recovery

BIC: HRCV3 Christian counseling

### Table of Contents

Introduction: "Lord, I'm Drowning in  
Sorrow"

1 The Ministry of Sorrow

2 Why So Much Sorrow?

3 Our Response to Sorrow

4 Our Hope in Sorrow

Conclusion: God, My Exceeding Joy

Personal Application Projects

Where Can I Get Further Help?

**Short Description:** A small book helping people who are experiencing depression.

Troubling thoughts flood my mind. I lie in bed alone, beseeching God on behalf of my three children. The tears come as I wonder why the Lord seems so far away and why prayers remain unanswered. Life seems so unfair. Why is it so hard? In the "depths of despair" I know I have a choice to make. Am I going to allow these feelings to destroy me?

### Reading Audience

- People going through trials and difficult circumstances
- People who counsel those who suffer
- People facing illness and pressure in life
- People who feel overcome by life

### Features and Benefits

- A pertinent subject today
- Easy to read and apply
- May be used discretely
- Good for use in small groups or one-to-one counseling situations
- Endorsed by key counseling organizations



**Author** Carol Trahan (BS, MA) has been a widow and single mother since 1994. She currently serves on the faculty of Harvest Ministries located on the island of Guam and is a frequent speaker at ladies' conferences.

You can trust these resources to provide accessible, practical, and Bible-saturated help with many of the most common and perplexing problems found in our fallen world.—*Dr. Heath Lambert*

I wholeheartedly recommend this series of mini-books.—*Dr. Wayne Mack*

The Lifeline mini-book series is an invaluable tool.—*Dr. John Street*

...unique combination of biblical truth succinctly related to specific real-life issues.—*Dr. Bob Kellemen*

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