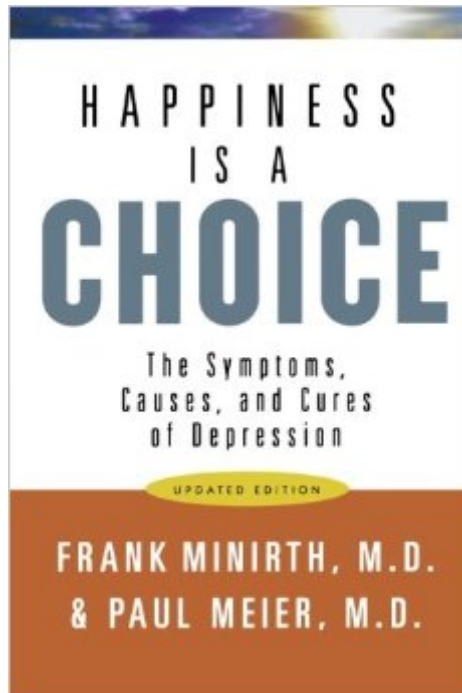


The book was found

Happiness Is A Choice: The Symptoms, Causes, And Cures Of Depression



Synopsis

Happiness Is a Choice has helped hundreds of thousands of people understand and overcome depression. Drawing from their professional training, counseling experience, and biblical knowledge, the authors provide expert answers to questions such as: What causes depression? Is there a cure for depression? Why do Christians suffer from depression? and more. Minirth and Meier explore the complex relationship between spiritual life and psychological health and then spell out basic steps for recovering from depression and maintaining a happy, fulfilling life. Families, pastors, counselors, and anyone struggling to overcome depression will benefit from this book.

Book Information

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Average Customer Review: 4.0 out of 5 stars [See all reviews](#) (61 customer reviews)

Best Sellers Rank: #394,237 in Books (See Top 100 in Books) #158 in [Books > Christian Books & Bibles > Christian Living > Counseling](#) #541 in [Books > Health, Fitness & Dieting > Mental Health > Depression](#) #570 in [Books > Christian Books & Bibles > Ministry & Evangelism > Counseling & Recovery](#)

Customer Reviews

A Masters-level social worker for over 29 years, I read this book written by two well-meaning psychiatrists with interest. The book contains much detailed information describing depression, anxiety, obsessive compulsive and histrionic personality types. It concludes with my favorite chapter, "Chapter 16: How Do You Find Lifelong Happiness?" I say this because the MOST useful suggestions for those suffering from depression seem to come from that chapter. Where the book's flaws lie have more to do with a male bias that is infused into some of the work. I would disagree with some reviewers in their opinion that the authors are "fanatic" Christians. I do think they sometime come across as somewhat male chauvinistic. I agree with another reviewer that is not true that a battered wife is simply "satisfying an unconscious need to be a masochist". Many battered women grew up in homes where they witnessed their own mothers being battered by their

husbands and were socialized into believing that this behavior was normal. They also are born and raised in a society where from the beginning women struggle with low self esteem because of the way they are treated from childhood. Thus their "learned helplessness" lead them to have low expectations of their male partners. It is interesting though where the authors seem to condone violence against women they excuse men for what they call "righteous indignation" for their anger when their wives do not desire to engage in sexual activity with them. The authors come right out and say: "If a wife refuses her husband...she is violating his God given right...to each other's bodies." I strongly disagree what the authors allege in "Chapter 10: What Precipitating Stresses Bring on Depression" that a "battered wife..."

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Happiness Is a Choice: The Symptoms, Causes, and Cures of Depression How to Help Someone with Depression: 2nd Edition (Loved one with depression, anxiety disorder, bipolar, manic depression, depression, mood disorders, suicide, suicidal thoughts) 21 Home Remedies Exercises and Natural Cures for TMJ Treatment: Holistic Home remedies and natural cures for treatment of Temporomandibular Joint (TMJ) pain and its allied symptoms. Good Karma: How to Create the Causes of Happiness and Avoid the Causes of Suffering High Blood Pressure Cure: How To Lower Blood Pressure Naturally in 30 Days (Alternative Medicine, Natural Cures, Natural Remedies, High Blood Pressure ... Cures for High Blood Pressure, High BI) Bad Breath: Remedies for Life - How to Prevent Halitosis, Bad Breath Causes, Cures and Treatments (Bad Smell and Mouth Smell - How to Cure Bad Breath Book 1) Anxiety Disorders: The REAL Truth, Causes and Cures. Panic Disorder, Obsessive Compulsive Disorder (OCD), Generalized Anxiety Disorder (GAD), Post-Traumatic Stress Disorder (PTSD), Social Anxiety When the Past Is Always Present: Emotional Traumatization, Causes, and Cures (Psychosocial Stress Series) Wetland Weeds: Causes, Cures and Compromises Unhealthy Work: Causes, Consequences, Cures (Critical Approaches in the Health Social Sciences Series) Living With HIV and AIDS: Prevention, Healing Symptoms, the Newest Treatments, and Possible Cures (Health Book 1) Stroke and Brain Injury Unraveled: Prevention, Causes, Symptoms, Diagnosis, Treatment, Recovery and Rehabilitation of One of the Most Debilitating Maladies You Hope You Never Have in Your Lifetime EKG | ECG (Learn Rhythm Interpretation and Arrhythmias EASILY!): BONUS - Causes, Symptoms, Nursing Interventions and Medical Treatments! Diabetes: Diabetes, Causes, Symptoms & Effects and How To Manage It For A Healthy, Successful Life: Diabetes, Diabetes Diet, Diabetes Type 2, Insulin Tinnitus No More: The

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