



Happiness Is a Choice: Symptoms, Causes, and Cures of Depression

By Frank B. Minirth, Paul Meier

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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. The updated 2nd edition is now available in mass market size for families, pastors, counselors, and anyone struggling to overcome depression.

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Editorial Review

From the Back Cover

Whether depression is felt mildly or acutely, temporarily or persistently, it strikes just about everyone. Drs. Minirth and Meier believe, however, that the emotional pain of depression can be overcome and avoided. Drawing from their professional training, counseling experience, and biblical knowledge, they provide expert answers to questions such as: * What are the symptoms of depression? * What are the primary sources of emotional pain? * Which personality dynamics lead to depression? * How should you deal with anger and anxiety? * What medical treatments are available for depression? Happiness Is a Choice explores the complex relationship between spiritual life and psychological health and then spells out basic steps for recovering from depression and maintaining a happy, fulfilling life.

About the Author

Well-known authors and psychiatrists Frank Minirth, M.D., and Paul Meier, M.D., have authored or co-authored numerous books on psychology, counseling, mental health, child-rearing, and other family concerns.

Users Review

From reader reviews:

Lydia Sanders:

The actual book Happiness Is a Choice: Symptoms, Causes, and Cures of Depression has a lot of knowledge on it. So when you read this book you can get a lot of benefit. The book was authored by the very famous author. The writer makes some research before write this book. This kind of book very easy to read you may get the point easily after perusing this book.

Loris Beal:

Do you have something that you enjoy such as book? The publication lovers usually prefer to decide on book like comic, small story and the biggest one is novel. Now, why not attempting Happiness Is a Choice: Symptoms, Causes, and Cures of Depression that give your fun preference will be satisfied through reading this book. Reading routine all over the world can be said as the way for people to know world a great deal better than how they react toward the world. It can't be explained constantly that reading routine only for the geeky person but for all of you who wants to possibly be success person. So , for all you who want to start reading through as your good habit, you could pick Happiness Is a Choice: Symptoms, Causes, and Cures of Depression become your starter.

Neil Owens:

With this era which is the greater man or woman or who has ability to do something more are more valuable than other. Do you want to become certainly one of it? It is just simple strategy to have that. What you must

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Agatha Draper:

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