



30 Days to Overcoming Depression Anxiety: My Story and Personal Devotional for Fighting Depression and Breaking Free from Anxiety (Paperback)

By Adam Cumpston

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.30 Days to Overcoming Depression Anxiety is more than just a Christian devotional. It is a personal account of the author s agonizing struggle with depression and anxiety and the perfect grace of Jesus Christ that has helped him to overcome the most difficult time of his life. This book details the hopelessness and fear he felt and outlines his plan to recovery. The Biblical approach found within this book will give you a solid spiritual foundation that will give you the strength to overcome any of life s problems. Each day includes a verse to motivate you and infuse you with the Word of God, a personal account from the author with encouraging words and a daily challenge to help you move along the path to recovery. Begin this 30 day journey today and let Jesus give you the full life that you have always dreamed of.

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