



# **A Ladder out of Depression: God's Healing Grace for the Emotionally Overwhelmed**

*Bonnie Keen*

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# A Ladder out of Depression: God's Healing Grace for the Emotionally Overwhelmed

*Bonnie Keen*

## **A Ladder out of Depression: God's Healing Grace for the Emotionally Overwhelmed** Bonnie Keen

Singer, songwriter, and author Bonnie Keen addresses clinical depression from a rare perspective...a personal, “been there,” Christian viewpoint. Now her story of healing becomes a ladder out of the darkness for other Christians who face despair. Bonnie unveils misconceptions about depression and reveals the hope of faith as she shares

- the keys to first identify and tackle depression
- the spiritual, physical, and emotional climb up the ladder
- how churches can minister to those in emotional need
- why prayer is a powerful light
- how to find balance and joy once again

This source of encouragement and strength will give those who have struggled in the shadows of depression a path of light and hope.

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