



Depression: God Wants To Help You Overcome Depression (Depression, Depression Self Help, Depression Cure, Depression Books)

Luis Ranzolin

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God Wants To Help You Overcome Depression

Your life has a purpose. God put you here for a reason. But depression is a thief. It robs you of your potential to become everything God intended you to be. Depression has a knack for zapping your energy, putting a damper on your relationships, and clouding your productivity. Goal setting becomes a major chore.

I've had my own tough times and depression is no mystery to me. Whether situational depression or non-situational depression, I've experienced it on both ends. The good news is, if I can overcome it, you can too!

When I first became a Christian, I was in terrible shape. You could say I was doing all the wrong things. I was thirty pounds overweight. I was a disaster and had one rotten attitude. I was so depressed I couldn't take it anymore. I decided it was time for some serious change, so I became a Christian. I gave my life to God and started praying a lot. Within weeks I started to feel better. I remember after ten weeks I had lost thirty pounds, was running five miles a day, and was doing all the right things. My depression was gone. I was on top of the world and felt great! I am absolutely amazed by what God can do when some one gives Him a chance.

If you are looking for some serious determination to overcome your depression, let me assure you, there is a power you can tap into that is more than willing to help you. That power is God. Why not ask Him to help you? Not only can He help you feel much better, He can also help you reach your full potential. And only He can set you on the path that leads to eternal life. When you get God involved, you are taking care of three important things at the same time. It doesn't get much better than that!

There is an old saying I really like: "if you always do what you've always done, you'll always get what you always got." This is so true! It's time to stop doing what you've always done. It's time for some change. Aren't the benefits worth it? To feel good again; to wake up in the morning and look forward to getting your day going- that is the purpose of this book. This *is* achievable. All it takes is you wanting victory over your depression bad enough to make some changes in your life. Are you with me? Then let's get started!

To learn more about how "God Wants To Help You Overcome Depression," scroll up and click the "Look inside" feature on the top left hand side of the page.

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