



When Spring Comes Late: Finding Your Way Through Depression

Pamela Rosewell Moore

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One in five people can expect to become depressed in a lifetime, yet only a small percentage of these individuals receives treatment. Why? In part, because of fear.

Despite the fact that many Christians are depressed-some of whom are unaware of their condition or unwilling to acknowledge it-there remains lingering shame about the illness of depression and misunderstanding or even judgment about it from other Christians.

Pam Moore shares from her own experience, providing a spiritually based exploration of the origin and nature of depression. In chapters that skillfully mix narrative and teaching, Moore addresses the question of whose "fault" it is, what she did to recover from depression, how a depressed person can experience healing, and practical ways families and friends can love and care for the person who is hurting.

Many illustrative examples, two case studies at the end of the book, and a recommended reading list add to the book's helpfulness.

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