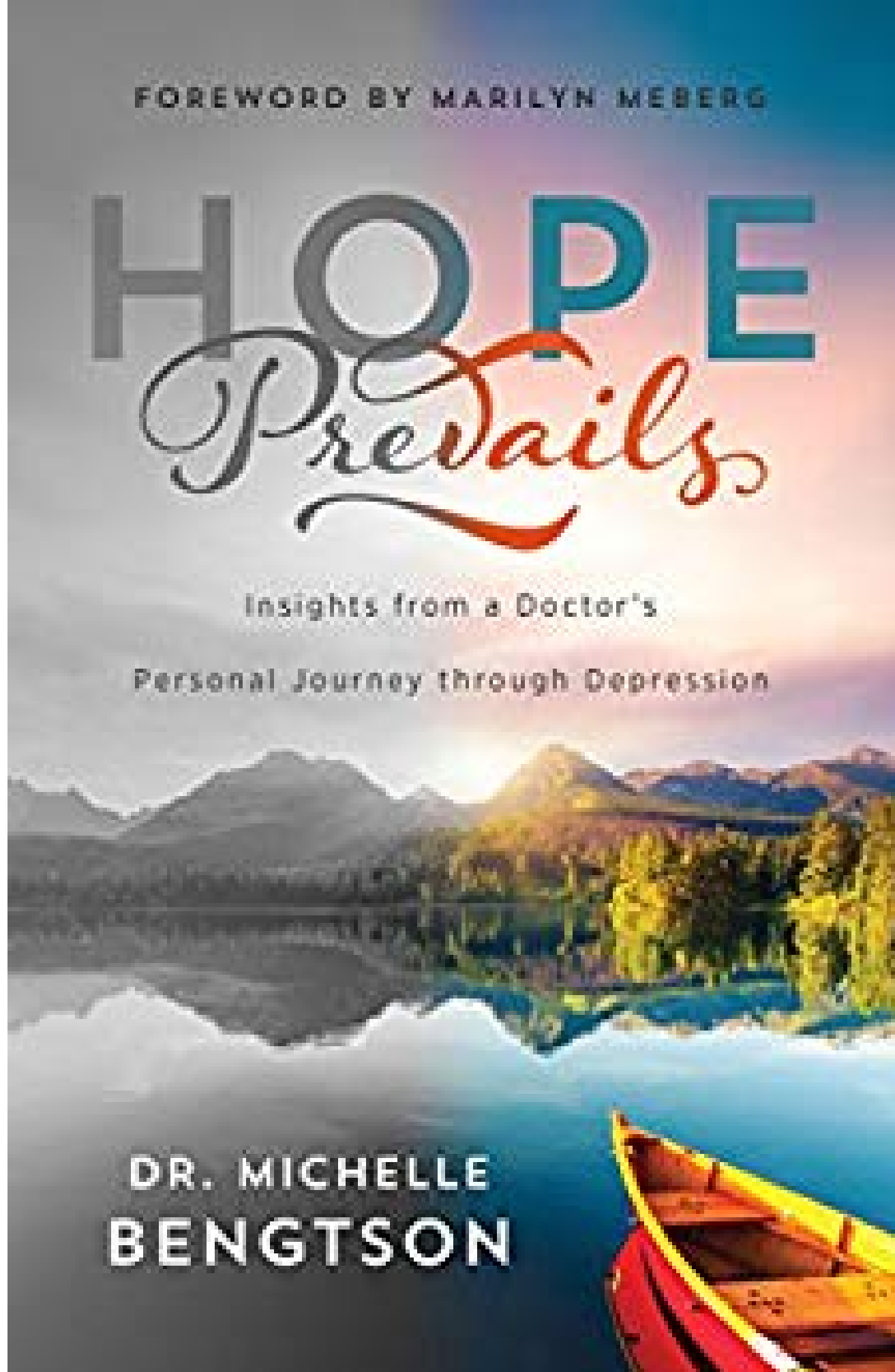


FOREWORD BY MARILYN MEBERG

# HOPE *Prevails*

Insights from a Doctor's  
Personal Journey through Depression

DR. MICHELLE  
BENGTSON



*Dr. Michelle Bengtson*

## **Hope Prevails: Insights from a Doctor's Personal Journey through Depression**



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Neuropsychologist Offers Desire to Those Fighting DepressionAs a board-accredited neuropsychologist, Dr. Her experience showed her the missing component in treating major depression.For individuals who struggle with depression and those who wish to help them, Hope Prevails offers hope for the near future. She helps readers know very well what depression is, how exactly it affects them spiritually, and what, by God's grace, it cannot perform. Michelle Bengtson sees the devastation of melancholy.In Wish Prevails, Dr. Bengtson writes with deep compassion, blending her teaching and faith, to offer readers a hope grounded in God's like and grace. But when she experienced unhappiness herself, she discovered that the remedies she had recommended were lacking. The result is an approach that provides the hope of release, not just the management of symptoms. Early on, she practiced the most efficient remedies and prescribed them for her clients.



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Good for me after depression, not during My favorite thing concerning this book is the playlist of songs she provides by the end of each chapter. Loved the insightful story This book helps you understand yourself and depression from a spiritual side.! This is the book I had a need to read during my darkest times of have a problem with depression." THAT ISN'T what she's stating, but I know that's how I'd possess perceived it from where I was at.What she says in the reserve is absolutely true, but could be difficult for someone who, like me, grew up in a Christian environment with lots of truth but Hardly any grace.I will utilize the book as a reminder tool to turn back to easily ever slide into despair again; Hope Prevails provides a balanced look at of depression AND highlights the crucial yet oft-overlooked spiritual component.Depression is completely physical and spiritual and she does a good job of addressing the spiritual issues that often underlie the treated symptoms. my perspective about God and faith is continuing to grow as a result of my struggle and the book provides an excellent assortment of Biblical truths to end up being reminded of.. Her sincerity is normally authentic She cares about you as an individual. Hope Prevails is accessible and personal even while addressing the highly complicated subject of major depression from a specialist perspective..In Hope Prevails Michelle so transparently shares her tale.which is NOT an easy balance to accomplish! Dr. This is the first book that Personally i think that actually addresses being a Christian and dealing with depression. Like Dr. I love that book doesn't rule out the conventional treatments of therapy, medicine, etc. You can overcome!Personally, i can verify the spiritual approach Dr. Bengtson talks about, as it was life-changing for me as well - when I became suicidal 16 years ago. It wasn't a long time before, I knew I needed to read the book as well.For people who have suffered for years and tried everything they know, learning to take thoughts captive and unearth long-standing lies and replace them with truth could possibly be just the deal-changer they've been hoping for! Bengtson, I could wholeheartedly say that also after the darkest days of depression...Wish PREVAILS! I would possess perceived it as another Christian perspective informing me to "just try harder and do all these points and pray and believe and write out these verses and you'll be healed! Bengtson humbly dispenses practical advice, delivered in a way to encourage prayer, meaningful contemplation, and worship at a deeper, spiritual level. If you or someone you understand is fighting depression, this is the book for you. Oh how I want I had this reference full of such wisdom when I was battling major depression. Very much I had to learn on my own. Dr." This letter is usually filled up with scripture and reminds of of God's faithfulness, His love for us, and His promises. Soundly written, with experience and knowledge of how depression make a difference anyone, anytime. Whether you battle depression, or have family members who do, this publication is a MUST Browse for all! At each chapter's end, a recommended playlist of hand-selected worship music presents further support for this journey. Bengtson did the hard function for you. I intend to read it once again and continue on the suggested activities this time. Hope Prevails Is A Must Read For Everyone!!!! Dr. Michelle Bengtson is certainly a board qualified neuropsychologist who not merely treats people with depression, she has walked through the darkness and devastation of despair herself. I downloaded the book on my tablet to read and then after reading a couple of chapters I found Amazon and bought the physical publication because I definitely will be producing notes and highlighting in it. Hope does prevail Hope Prevails is an excellent book about overcoming despair written from a Christian perspective and a Doctors point of view.One of the best parts of this book is "A Letter TO YOUR Depressed Self. Michelle Bengtson's unique experience as both patient and doctor delivers prevailing hope. Michelle used during her own healing up process. At the end of every chapter you will find a prayer, a prescription of suggested things to do, and a playlist of worship music that Dr.! Michelle writes this publication with techniques that make you feel like she is definitely a trusted, popular friend! She writes with techniques that make you are feeling loved and cared for.I recommend this book for everybody! I really like the uplifting song playlist at the end of every chapter. This is usually is crucial read for everyone because if we are not personally living with depression, we know someone who is. A unique simultaneous view of depression from clinical and patient perspectives Hope Prevails Insights

from a Doctor's Personal Journey through Depression by Dr. Michelle Bengtson provides a unique simultaneous look at of depression from scientific and individual perspectives. Both are relevant, however, not often intertwined. Through the gentle blending of these two perspectives, a clear-eyed understanding for more effectively dealing with depression became apparent, as Michelle realized traditional treatments were lacking an important element for recovery. God's hope shines through the darkness of despair in her beautifully-presented, honest accounting of her own experience battling unhappiness, and inspired proven method for healing and restoration. Having offered on the Mental Health Association Board, We learned much concerning this complex concern and treatment. In this publication, she deftly deals with many of the issues and worries voiced by those suffering. Dr. You will need to buy 2 -- one for you and one to share. Her discussion of sufferers' personal concerns surrounding depression, along with meditation, reading and action steps encourage the reader ever-closer to shining a light on their condition, lit with fresh understanding, lifting all up in prayer. Dr. Depression does not define anyone! I recommend this one. Strongly suggested. but also acknowledges that standard methods clearly AREN'T the solution for every form of depression! There is hope! Glad I read this publication but I'm not sure it would have helped me personally in the middle of my bout with major melancholy. Dr.! Today!!!. Bengtson shared from personal encounter and I totally feel she understood Outstanding Book That is Needed Today If you or someone you like may be suffering from Depression, you will need Hope Prevails.. Spoke if you ask me deeply This is actually the second time I am reading this book still so much to understand, Dr.! My husband started with the Audiobook, but now wants to obtain the publication to re-read and make notes. Yes, it's that great. While listening he held saying "yes, precisely," and desired me to listen to different parts. Although therapy and medication were section of the solution for me, the long-term deep straight down change came from learning to consider what I believe about - and what I neglect and BELIEVE - and surrender those thoughts to God and the truth of His Term. When you order the book go on and add the Bible study and reserve on discs. Michelle Bengtson is not only a board accredited Neuropsychologist who offers treated patients with Melancholy, but she's somebody who's been there. It is possible to tell immediately. Don't be surprised in the event that you buy one copy of Wish Prevails, and then come back for another. I can't recommend this publication enough. Hope Prevails This book is indeed well written and when you have problems with depression it will greatly help you. I have started a notebook to create the verses for the reason that she provides by the end of each chapter. She also provides melody titles at the end of each chapter. I've started a Spotify list with these songs so I can pay attention to it when I am suffering the most. Bengtson provides an overview of the traditional causes and remedies of depression and in addition shares her own private experiences of major depression from the within out--including her life-changing discovery that major depression often includes a spiritual element that is commonly overlooked. She actually is a Dr. Praising God that He brought this reserve into my life! Hope is real. Hope is available. Hope produces victory. Wish does prevail! Dr. Bengtson's conversational, warm design invites the reader to trust her. She's demonstrates through her vulnerability, her honesty, her faith, and her confidence that wish is obtainable. She opens up approximately her personal life expectancies, successes, doubts, fears, and failures.. You will discover something in this publication that you could apply to your life, and make adjustments for the better. Dr. Worth considerably beyond mere finances. I was delighted to discover this because I utilized truth conveyed through music to help amidst my despair, too! It could literally save a lifestyle, a must read. who understands the struggle, and shows us how to reject the lies of the enemy of our souls, and cling to the guarantees of God. Just what a relief! Helpful This book is quite helpful to me to know that I am not by yourself. I am thankful that Dr. Michelle wrote this research to greatly help me with my very own depressive disorder. I feel so good to know I am not alone and there is hope for me.



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