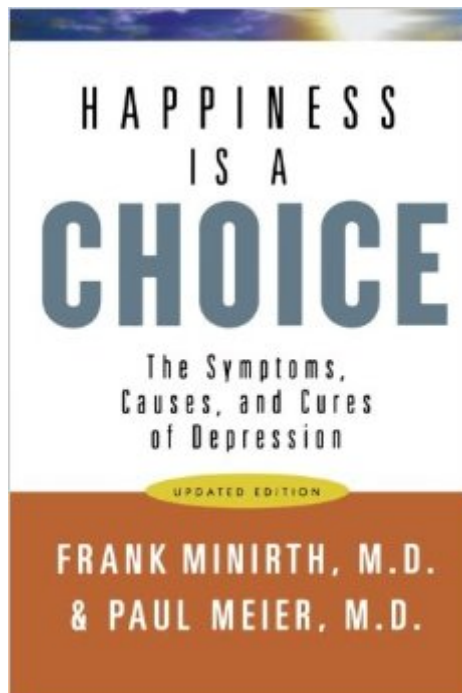


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# Happiness Is A Choice: The Symptoms, Causes, And Cures Of Depression



## Synopsis

Happiness Is a Choice has helped hundreds of thousands of people understand and overcome depression. Drawing from their professional training, counseling experience, and biblical knowledge, the authors provide expert answers to questions such as: What causes depression? Is there a cure for depression? Why do Christians suffer from depression? and more. Minirth and Meier explore the complex relationship between spiritual life and psychological health and then spell out basic steps for recovering from depression and maintaining a happy, fulfilling life. Families, pastors, counselors, and anyone struggling to overcome depression will benefit from this book.

## Book Information

Paperback: 240 pages

Publisher: Baker Books; Revised edition (May 1, 2007)

Language: English

ISBN-10: 0801068266

ISBN-13: 978-0801068263

Product Dimensions: 6 x 0.6 x 9 inches

Shipping Weight: 15 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars [See all reviews](#) (61 customer reviews)

Best Sellers Rank: #394,237 in Books (See Top 100 in Books) #158 in [Books > Christian Books & Bibles > Christian Living > Counseling](#) #541 in [Books > Health, Fitness & Dieting > Mental Health > Depression](#) #570 in [Books > Christian Books & Bibles > Ministry & Evangelism > Counseling & Recovery](#)

## Customer Reviews

A Masters-level social worker for over 29 years, I read this book written by two well-meaning psychiatrists with interest. The book contains much detailed information describing depression, anxiety, obsessive compulsive and histrionic personality types. It concludes with my favorite chapter, "Chapter 16: How Do You Find Lifelong Happiness?" I say this because the MOST useful suggestions for those suffering from depression seem to come from that chapter. Where the book's flaws lie have more to do with a male bias that is infused into some of the work. I would disagree with some reviewers in their opinion that the authors are "fanatic" Christians. I do think they sometime come across as somewhat male chauvinistic. I agree with another reviewer that is not true that a battered wife is simply "satisfying an unconscious need to be a masochist". Many battered women grew up in homes where they witnessed their own mothers being battered by their

husbands and were socialized into believing that this behavior was normal. They also are born and raised in a society where from the beginning women struggle with low self esteem because of the way they are treated from childhood. Thus their "learned helplessness" lead them to have low expectations of their male partners. It is interesting though where the authors seem to condone violence against women they excuse men for what they call "righteous indignation" for their anger when their wives do not desire to engage in sexual activity with them. The authors come right out and say: "If a wife refuses her husband...she is violating his God given right...to each other's bodies." I strongly disagree what the authors allege in "Chapter 10: What Precipitating Stresses Bring on Depression" that a "battered wife..."

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