

# SLAYING THE GIANT

FRENCH  
O'SHIELDS



Practical Help for Understanding,  
Preventing, and Overcoming

**DEPRESSION**

# Slaying The Giant Practical Help For Understanding Preventing And Overcoming Depression

**Paul Gilbert**



## **Slaying The Giant Practical Help For Understanding Preventing And Overcoming Depression:**

**Slaying the Giant** French O'Shields,1994-06-01 *New Light on Depression* David B. Biebel,Harold G. Koenig,2010-06-15 Moving Back toward Wholeness What is depression really A psychological disorder An emotional problem A case of negative self talk A spiritual weakness Unresolved anger A medical condition How can it be successfully treated Whether you need a lifeline to cling to knowledge to clear confusion help determining the next step or strength to help a loved one *New Light on Depression* offers hope and healing With understanding born of personal and professional experience the authors one a psychiatrist and the other a minister untangle the web of depression guiding you through an understanding of depression myths and misunderstandings symptoms and diagnoses causes and treatments spiritual struggles and gifts of graceWritten for those who suffer from depression and those who want to help family members pastors friends this book equips you with the knowledge and tools to move toward a life of joy once more It covers the full range of concerns including the use of antidepressants With personal applications questions for reflection and evaluation guides *New Light on Depression* is a medically reliable and biblically sound resource for finding faith and strength in the midst of depression and emerging again whole and healthy **Aftershock** David W. Cox,Candy Arrington,2003 A recovery book providing encouragement and support and leading to healing for those whose loved ones have committed suicide **Subject Guide to Books in Print** ,1991 **Medical and Health Care Books and Serials in Print** ,1997 **Paperbound Books in Print 1995** Reed Reference Publishing,R5ference Reed,1995-12 **Books In Print 2004-2005** Ed Bowker Staff,Staff Bowker, Ed,2004 **Popular Science** ,2005-09 Popular Science gives our readers the information and tools to improve their technology and their world The core belief that Popular Science and our readers share The future is going to be better and science and technology are the driving forces that will help make it better **Cincinnati Magazine** ,2001-08 Cincinnati Magazine taps into the DNA of the city exploring shopping dining living and culture and giving readers a ringside seat on the issues shaping the region **Slaying the Giant of Depression & Suicidal Idealization** Sharon Dickerson,2025-03-27 In the early 80 s before depression became an epidemic I was a little girl that suffered dreadfully with depression At the age of 12 I decided that I was done with life I attempted suicide multiple times with multiple psychiatric hospitalizations After 35 years despite already being a Christian and a successful citizen I finally figured out that this attack was spiritual I started doing spiritual warfare with depression and OVERCAME it I went on to help other people for which depression left and never came back I believe that it is my calling to help other people learn to overcome depression Once while watching television I saw a commercial about depression The Ad featured a woman walking down the street on a beautiful day However there was a robe which representing depression would suddenly appear from behind a tree or any hiding spot it could find The robe would latch onto her back as soon as the woman was happy She would wrestle with the robe tear it off and continue her walk Unfortunately the robe would be waiting around the corner for the next opportunity to jump on the woman again This cycle

continued repeatedly Eventually the woman resigned herself to the idea that the robe would always return causing her never to stay happy This was my life for many years Finally God showed me that it was a spiritual attack that would require spiritual warfare to be defeated After that I put on my armor and fought I can truly say that I finally won the battle with depression This does not mean that I never get sad but it does mean that I am finally happy After learning how to fight depression and suicidal ideation God placed it in my heart to help others You may feel hopeless but if you stay with the principle of fighting in the Spirit I promise God's word will not return to Him void Isaiah 55:11 If you believe in God He wants and is willing to help you But you must know what you are fighting against There is a devil in the world and his job is to destroy God's plans for your life Suppose you are embarking on a journey and there is no option to skip it You must take the journey On this journey you have been warned that there are landmines buried so you must walk carefully However imagine if I called you from the other side of the journey and said Hey I have a map of where the landmines are How would you treat that map Would you put it in your pocket and look at it later Would you leave it at your starting point Would you look at it once a day Or would you decide to refer to it frequently for guidance You might say I don't want to waste my day on something that might not work But most of us spend hours on Twitter Facebook YouTube etc Studies show that we spend approximately four hours and 37 minutes on our phones each day While some of the things that we watch are useful much of this time adds nothing tangible or necessary to our lives It often leaves us feeling empty as we compare our entire day to someone's 5 second snapshot I encourage you to think about what you get out of those four hours and 37 minutes Invest in yourself I hope that this book will be reference along your journey You may just be better off for it

*Overcoming Depression 3rd Edition* Paul Gilbert, 2009-05-01 Overcoming app now available via iTunes and the Google Play Store A Books on Prescription Title Break free from the hell of depression If you suffer from depression you are far from alone Depression is very common affecting over 300 million people around the world Written by Professor Paul Gilbert internationally recognised for his work on depression this highly acclaimed self help book has been of benefit to thousands of people including sufferers their friends and families and those working in the medical profession This fully revised third edition has been extensively updated and rewritten to reflect over ten years of new research on understanding and treating depression particularly the importance of developing compassionate ways of thinking behaving and feeling It contains helpful case studies and new easy to follow step by step suggestions and exercises to help you understand your depression and lift your mood

Overcoming Depression Klas, 2019-05-23 Overcoming Depression is a self help book for people who are going through a difficult time or want to prevent and overcome depression sadness anxiety failure and be genuinely happy In a very simple and informative how to guide Dr Klas a medical doctor serves up 10 very informative chapters helping you to Know everything you want to know about depression and suicide their prevention and treatment Handle failure properly and have a winning mentality Understand how to be genuinely happy and how health is related to wealth By the end of Overcoming Depression you will

understand why it is important to be genuinely happy and overcome depression how to prevent and help a suicidal person how to cope with failure and how to be healthy and wealthy      Overcoming Depression Laura Freeman,2022-12-21 Have you ever felt like life is simply too difficult Has depression taken away your joy and left you feeling helpless If so you re not alone Overcoming Depression can help This book is a comprehensive guide to understanding and overcoming depression It covers everything from understanding the symptoms of depression and how to recognize them in yourself to developing a comprehensive plan for getting well You ll learn how to identify and break free from the negative thought patterns that can keep you stuck in depression as well as how to develop healthier habits to support your recovery You ll also find practical advice on how to handle stress and how to build a support system Whether you re dealing with depression yourself or want to help someone else recover this book is packed with useful tips and guidance With its step by step approach and practical advice Overcoming Depression can help you find a path out of depression and back to a life of joy and purpose Take the first step on the road to recovery today Get your copy of Overcoming Depression now and start your journey to a brighter tomorrow      **Depression** Jane Aniston,2016-02-06 Do You Want To Overcome Depression Naturally Safely Without Medication NOW INCLUDES FREE GIFTS see below for details Is depression stopping you or someone you know from fully enjoying life Is depression causing you stress and anxiety and leaving you unable to experience joy in your life Would you like to know the simple truths which will lead you to a depression cure and EXACTLY how you can manage and overcome the condition naturally safely in order to regain full control of your life and enjoy more happiness If so this book will provide you with the answers you ve been looking for Depression can be a truly awful condition to suffer from but you ll see that by making some relatively simple adjustments in your life it can be managed and eventually overcome naturally and safely In this book we ll dive into exactly how you can start moving towards resolving your depression TODAY covering such topics as The differences between being depressed and simply feeling down The symptoms of depression that need to be taken seriously The risk factors involved in depression and how you can avoid them The importance of facing up to your depression however hard that may be and preparing yourself for the challenge ahead The physical changes that you can make in order to overcome the condition Simple dietary changes that can have a major impact on depression The mental changes that you can make in order to overcome the condition The key first steps that anyone who s suffering from depression should take in order to start making progress IMMEDIATELY The behaviors you must avoid if suffering from depression and how these behaviors are harming you Quick fixes to beat the blues that you can use anytime you need to boost your mood Also included are 2 FREE GIFTS A sample of my book Overcoming Anxiety Practical Approaches You Can Use To Manage Fear Anxiety In The Moment Long Term and a full length surprise FREE BOOK included with your purchase Don t let depression hold you back from enjoying the beauty in life for a moment longer TAKE ACTION by clicking the buy now button above for instant access and start towards getting control over your depression today      **The Complete Guide to Overcoming Depression**

Paul Gilbert,2013-01-17 The bestselling self help guide Overcoming Depression has been combined with Beating Depression Inspirational stories of hope and recovery to offer the reader an effective and appealing self help package These two titles not only set out practical techniques to overcome depression but offer inspiration to the reader to confront the challenges they may face on the road to recovery Overcoming Depression is based on Cognitive Behavioral Therapy CBT an evidence based therapy recommended by the NHS It provides Useful information about the disorder A step by step self help programme based on CBT Beating Depression contains real life stories written by those with first hand experience of depression including postnatal depression and bipolar disorder Each story sheds light on the condition and offers powerful insights into what helps and most importantly inspiration to those trying to beat it **Depression 101** John D. Preston,Melissa Kirk,2010-02-02 This new book in New Harbinger s 101 series Depression 101 offers practical and proven tools for overcoming depression in a concise and accessible format **Overcoming Depression** Paul A. Hauck,1973

Describes the major causes and characteristics of depression and suggests methods for overcoming emotional pain

**Overcoming Depression For Dummies, UK Edition** Elaine Iljon Foreman,Laura L. Smith,Charles H.

Elliott,2011-01-21 Up to 1 in 5 people in the UK suffer from diagnosable depression bbc co uk that s approximately 12 million people Depression takes multiple forms including seasonal affective disorder bipolar disorder and postnatal depression Research by the BBC claims that up to 75% of sufferers are not receiving any form of professional medication or therapy which strongly suggests that self help is often a preferred course of action Overcoming Depression For Dummies outlines practical methods for recognising and managing the symptoms of depression for those readers who might be too scared to go to their GP who want to know more about the illness before they seek professional medical guidance or for those who are just curious about depression and what it means Overcoming Depression For Dummies Is written by an expert team of clinical psychologists and provides step by step guidelines on proven therapeutic exercises and ways to implement positive psychology methods Provides sound advice on nutrition relaxation and support to help make those vital first steps towards a happier life Gives comprehensive information on the wide variety of prescription medication and complementary therapies available including their effectiveness and side effects Is aimed at people suffering from depression looking for straightforward realistic advice and also loved ones and parents of those suffering from depression wanting to better understand the condition and find out how they can help Overcome Depression M. S. M. A. Lalich,2019-04-15 an amazing book on overcoming depression It is deep and yet understandable a very practical and encouraging book about a very dark subject Pastor Bill Walden Cornerstone Ministries Napa CADepression is not a sin a character flaw or a failure of faith It need not keep you bound to a hopeless helpless state And it s not all just in your head Discover built in biological powers of our divine design and learn how to turn them on to the Glory of God Too often people don t recognize the treasures they have or that they themselves are Spend some time with this text and discover the gifts within It s not psychotherapy It is skill

building In this book you will find scientifically backed faith based suggestions to help Erase shadows of doubt and confusion with new brain science which spotlights the wisdom of scripture Replace the blame and shame of depression with truth about what it is and is NOT Engage the combined powers of body mind and spirit in your recovery of balance strength and peace of mind Understand and learn to adapt evidence based therapies for effective immediate and independent use Build personal recovery skills with more than 100 practical self help recovery strategies Margaret s research experience and reflections are beautifully interwoven to create this resource on overcoming depression Be inspired Pastor Ryan Escobar Christ s Commission Fellowship New Zealand      **How to Stop Depression** Helen Berry,2023-11-27 The comprehensive Guide to Overcoming Depression and Rediscovering Joy in Everyday Life This transformative manual delves into the heart of depression unraveling its complex layers with compassion and insight Through vivid narratives and expert guidance it offers a beacon of understanding for those grappling with the weight of this silent adversary Discover the keys to recognizing the subtle nuances of depression understanding its pervasive nature and embracing the empowering truth that seeking help is a courageous step towards reclaiming your life In these pages you ll find a roadmap for building a robust support system breaking the chains of stigma and embracing lifestyle changes that promote lasting mental well being But this book is not just about information it s a call to action It s a rallying cry for anyone who has felt the suffocating grip of depression to rise to stand tall and to take control Through shared stories of triumph over adversity and practical strategies for resilience How to stop Depression is your guide to dismantling the barriers that hold you captive Don t let depression dictate your narrative any longer This guide is not just a source of knowledge it s a lifeline extending from these pages into your journey of recovery Your story doesn t end in the shadows it begins anew with the turning of each page The time to act is now Your path to healing starts here How to stop Depression is more than a book it s a promise of brighter days ahead Take that first step Open the door Embrace the hope that awaits Order For a Copy Now

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