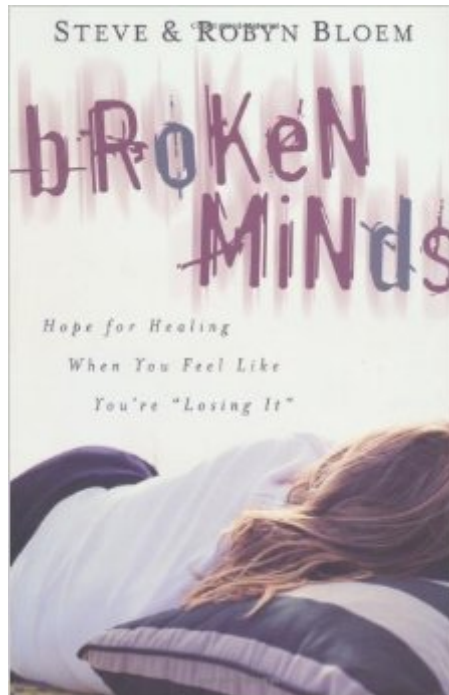


The book was found

Broken Minds: Hope For Healing When You Feel Like You're Losing It



Synopsis

Mental illness is often much more subtle than we imagine . . . and much more prevalent. This book is a deeply personal, yet practical, book for Christians who are clinically depressed or have been diagnosed with a mental illness.

Book Information

Paperback: 304 pages

Publisher: Kregel Publications (August 25, 2005)

Language: English

ISBN-10: 0825421187

ISBN-13: 978-0825421181

Product Dimensions: 1 x 5.8 x 8.8 inches

Shipping Weight: 12 ounces

Average Customer Review: 4.5 out of 5 starsÂ Â See all reviewsÂ (8 customer reviews)

Best Sellers Rank: #885,139 in Books (See Top 100 in Books) #351 inÂ Books > Christian Books & Bibles > Christian Living > Counseling #1249 inÂ Books > Christian Books & Bibles > Ministry & Evangelism > Counseling & Recovery #1418 inÂ Books > Reference > Encyclopedias & Subject Guides > Religion

Customer Reviews

I am a Christian who has struggled with depression off and on for decades. It seems to run in my family. Through my life I have read many books on depression and overcoming depression. Many of them are mentioned in "Broken Minds". I have bought into one theory of depression after another. I've tried over and over to get my act together and solve my depression but always ended up feeling like I was just going through the motions or whistling in the dark. For years now I have been moving towards the idea that my depression is not the result of something I am or am not doing but just how I am "wired". This book somewhat validates that way of thinking. There is still much to be gained with cognitive therapy and looking to God for help. But it is also helpful for me to realize that when my thinking gets dark I am not necessarily thinking correctly. The chemicals in my brain are out of balance and my brain is not working correctly. I try to remember not to do or say anything with long term consequences because my thinking isn't right. The open, and painfully honest, account of the author's experience with depression ties together the topics covered in the book. I found it an easy to read book. It held my interest. The church needs to think this through better and realize that depression is much like any of many other afflictions in life. It isn't necessarily the individual's fault. I

hope this book will be an important step in that direction.

When you are a Christian who is depressed, where do you turn for help? Authors Steve and Robyn Bloem tell their personal story about Steve's battles with deep depression. Both authors perspective is weaved into the fiber of this book yet the book is much more. It is a resource so Christian counselors and pastors can increase their understanding of the broken people who enter their office and guide them to professional help. BROKEN MINDS is packed with careful research and documentation to provide hope and healing. If you live or work with anyone who is depressed, this book is a valuable resource.

This book started out really interesting -- I loved the personal stories and testimony from the perspectives of both the author and his wife. But then it started jumping around and felt really confusing. Every chapter didn't feel like a normal progression, it just felt like they were rehashing the same things over and over again. Also, for the last half of the book, it went into more depression research mode, and I could barely stay awake. The writing was very dull at this point, and I couldn't pay attention. I wish I could recommend this book, but it really didn't have many helpful takeaways at all.

Praise God for what He is doing through Steve and Robyn Bloem! Sadly, many lives have been lost to depression, but the Bloems have taken a strong stand on the front lines trying to keep more people from giving up on life. It's sad that the insidious belief, that one can merely "snap out of it," has pervaded even the walls of the Church. This book is especially helpful for those who know someone dealing with mental illness.

[Download to continue reading...](#)

Broken Minds: Hope for Healing When You Feel Like You're Losing It ACT LIKE A LADY, THINK LIKE A MAN:By Steve Harvey:Act Like a Lady, Think Like a Man: What Men Really Think About Love, Relationships, Intimacy, and Commitment [Hardcover] 1st Edition Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1) Crystals and Gemstones: Healing The Body Naturally (Chakra Healing, Crystal Healing, Self Healing, Reiki Healing) Broken Hearts; Wounded Minds: The Psychological Functioning of Traumatized and Behavior Problem Children Broken Bodies, Shattered Minds: A Medical Odyssey from Vietnam to Afghanistan Broken Images Broken Selves: Dissociative Narratives In Clinical Practice REIKI: From

Beginner to Expert - Energy Healing Double Book Bundle (+Bonus!) - Ultimate Guide to Reiki Healing & Chakra Healing (Energy Healing, Chakras ... Beginners, Reiki Symbols, Chakra Balancing) Reiki: The Healing Energy of Reiki - Beginner's Guide for Reiki Energy and Spiritual Healing: Reiki: Easy and Simple Energy Healing Techniques Using the ... Energy Healing for Beginners Book 1) My Beautiful Broken Shell: Words of Hope to Refresh the Soul Reiki: The Ultimate Guide: The Definitive Guide: Improve Health, Increase Energy and Feel Amazing with Reiki Healing (reiki, reiki healing, chakras, energy ... techniques, aura, reiki for beginners) Discover Your Genius: How to Think Like History's 10 Most Revolutionary Minds Baby Touch and Feel: Happy Birthday (Baby Touch & Feel) Sleep Smarter: The Ultimate Guide To Sleep Better, Feel Better By Having Healthy Sleeping Habits (sleep smarter, sleep better, healthy sleep habits, sleep ... healthy sleep, sleep apnea, feel better) When You Feel Like Strangling The Patient I'm Like You, You're Like Me: A Child's Book About Understanding and Celebrating Each Other Scattered Minds a New Look At the Origins and Healing of Attention Deficit Disorder C  mo curar un coraz  n roto [How to Heal a Broken Heart]: Ideas para sanar la aflicci  n y la p  rdida [Ideas for Healing Grief and Loss] The Kids Book About Pet Loss: Grieving and Healing After Losing Your Pet (The Kids Book About . . .) The Simple Liver Cleanse Formula: Detox Your Body, Eliminate Toxins, And Feel Like a Superhuman!

[Dmca](#)