


# Coping with Depression

*By Siang-Yang Tan, John Carl Jr. Ortberg*

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**Coping with Depression** By Siang-Yang Tan, John Carl Jr. Ortberg

Nineteen million Americans suffer from depression each year

It can strike anyone, and being a Christian does not exempt you. But help is here.

Understanding the ABCs of emotional life-Affect, Behavior, and Cognition-can shed light on the causes of depression. In this revised and updated edition of Coping with Depression, the authors look carefully at the ABCs, showing how your thoughts affect the way you feel and describing how each dimension is linked with depression. They balance the spiritual dimension of approaching depression with the most recent scientific research and offer highly practical and proven strategies for coping.

If you suffer from depression or know someone who does, you will find encouragement and help in this reassuring book.

"Tan and Ortberg educate and edify. They build on state-of-the-science understanding, state-of-the-treatment tips from therapy, and state-of-the-spirit nurture of the whole person. The result: an educational and uplifting book to guide people out of depression."-Everett L. Worthington Jr., Ph.D., chair of psychology, Virginia Commonwealth University

"Coping with Depression is a spiritually sensitive, scientifically informed, and highly practical resource for people struggling with depression and those who would seek to understand and help them."-Stanton L. Jones, Ph.D., provost, Wheaton College

Siang-Yang Tan (Ph.D., McGill University) is a graduate professor of psychology at Fuller Theological Seminary. He also serves as senior pastor of First Evangelical Church of Glendale.

John Ortberg (M.Div., Ph.D., Fuller Theological Seminary) is a pastor at Menlo Park Presbyterian Church and author of If You Want to Walk on Water, You've Got to Get Out of the Boat and Everybody's Normal Till You Get to Know Them.

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About the Author
Siang-Yang Tan (Ph.D., McGill University) is professor of psychology in the Graduate School of Psychology at Fuller Theological Seminary. He also serves as senior pastor of First Evangelical Church of Glendale in Southern California. He is the author of Lay Counseling and Rest and the coauthor of Disciplines of the Holy Spirit.

John Ortberg (Ph.D., Fuller Theological Seminary) is the best-selling author of The Life You've Always Wanted and If You Want to Walk on Water You've Got to Get Out of the Boat. He serves as a teaching pastor at Menlo Park Presbyterian Church in Northern California.

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