

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

Frank M.D. Minirth, Dr. Paul Meier - pdf download free book

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#### Books Details:

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#### Description:

**From the Back Cover** Whether depression is felt mildly or acutely, temporarily or persistently, it strikes nearly everyone.

Drs. Minirth and Meier believe, however, that the emotional pain of depression can be overcome or altogether avoided. Drawing from their professional training, counseling experience, and biblical

knowledge, they provide expert answers to questions such as:

- □What are the symptoms of depression?
- □What are the primary sources of emotional pain?
- □Which personality dynamics lead to depression?
- □How should a person deal with anger and anxiety?
- □What medical treatments are available for depression?

Happiness Is a Choice explores the complex relationship between spiritual life and psychological health and then spells out basic steps for recovering from depression and maintaining a happy, fulfilling life.

Frank Minirth, M.D., is president of the Minirth Clinic in Richardson, Texas, and one of only 122 doctors in America and Canada certified by the prestigious American Society of Clinical Psychopharmacology. A member of the American Mensa, he is the author of several books, including *A Brilliant Mind*, and can be heard weekly on both local and national radio.

Paul Meier, M.D., is founder and medical director of Meier Clinics and a guest on numerous radio and television programs. He is the author or coauthor of a number of books on family, relationships, and mental health and is a nationally and internationally sought-after speaker.

**About the Author** Well-known authors and psychiatrists Frank Minirth, MD, and Paul Meier, MD, have authored or coauthored numerous books on psychology, counseling, mental health, child rearing, and other family concerns.

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