



## Finding God in Anxiety and Depression (Paperback)

By Fr Antonio Ritaccio

Catholic Truth Society, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. Anxiety and depression are among the two most common mental health conditions today. Social stigma is still attached to mental health and sufferers can be under pressure to hide their condition. While good medical treatment and care are often necessary, what place does faith have in aiding recovery? Drawing on Jesus' own suffering on the cross, the author shows how hope, prayer, forgiveness, closeness to God and an understanding of his plan for our lives can act as powerful lifelines. There is a rich selection of considered, practical tips to aid readers, and a resource section with helpful contacts and recommendations on further reading.



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