Why Do I Feel Like This?

Meeting God in the Emptiness

Rachel Lane

RELEASE DATE 06 NOVEMBER 2020

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DESCRIPTION

Depression can be hard to understand and even harder to talk about. Yet statistics show that more young people than ever are struggling with depression, as well as anxiety disorders and other mental health issues.

So what exactly is depression? Why do some people struggle with it and not others? And where can we turn for help?

In this book, Rachel Lane begins to unpack some of these questions as she shares her own experience of teenage depression and points you to the God who wants to walk with you through it.

MARKETING POINTS

For young teenagers

Author struggled with depression as a teenager

For non–Christians as well as Christians

AUTHOR

Rachel Lane is a pastor's wife and busy mum who still spends as much time as possible reading! Previously a teacher of English literature, she loves books of all kinds but especially Christian biographies.

ENDORSEMENTS

The statistics say that many (or most) of our young people will experience at least some symptoms of depression. In this book those young people will find the gentleness, warmth and understanding that only comes from hard experience. They will also find Christ and the promise that he can be their good shepherd through the darkest places.

Ed Drew
Director of Faith in Kids and formerly Children's Worker, Dundonald Church, South West London

Personal, engaging and beautifully honest it explores the reality of what depression looks and feels like. This book gives hope to those who might be suffering both through what professionals may offer with medical help and psychological support, but also the hope that the God of the bible can give us, the God who not only understands our struggles but who helps us within them.

Dr Tracey Foy
GP and minister's wife, East Sussex

… deals delicately about the complexity and longevity of depression, weaving it through the complexity of her own story and the complexity of the Psalms – helping us walk with our Saviour through the various valleys we encounter. Just read it – it's very real, very honest, very practical, very biblical, and very helpful.

Innes Macsween
Assistant Minister, Smithton Church, Inverness

… full of wise counsel, practical help, and gospel truth, while also being easy to read and accessible for all teens, regardless of Christian faith. I pray that this book will help teens battling with mental health issues to open up and speak to someone.

Rich Arnold
Youth and Families Minister, Holy Cross Church, Hove

TECHNICAL DETAILS

TRADE PAPERBACK
160 Pages
Reading Age: 12

ISBN 9781527106178
BISAC YAN051060
PRICE £6.99 $9.99