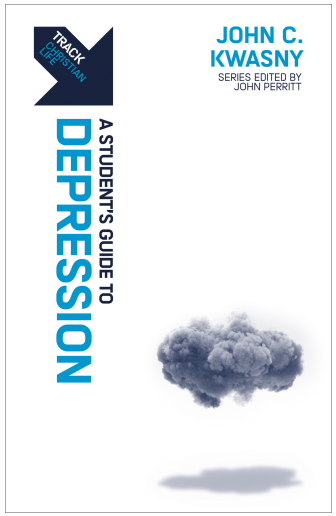
Track: A Student's Guide to Depression

John C. Kwasny

RELEASE DATE 14 JANUARY 2022

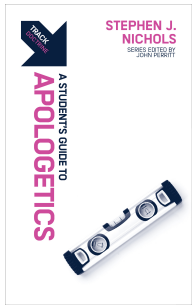


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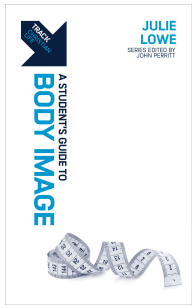
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DESCRIPTION

Biblical counsellor John Kwasny helpfully tackles the issue of depression in this latest addition to the popular *Track* series. He addresses the ways depression can affect us, and gives helpful biblical advice on how we should react. This short book will be helpful for students and young adults as they encounter depression themselves, or as they seek to support friends or family members.

MARKETING POINTS

Grounds depression in a biblical worldview

Written by biblical counsellor

For students and young adults

AUTHOR

Dr. John C. Kwasny is the Director of Discipleship Ministries at Pear Orchard Presbyterian Church (PCA) in Ridgeland, Mississippi. He is a Biblical counselor, an adjunct professor at Reformed Theological Seminary, and Director of One Story Ministries—authoring a complete discipleship curriculum for the church, home, and school (children and youth).

ENDORSEMENTS

A sensitive and informed approach within a biblical framework, this is an excellent book to give to younger but also older people who grapple with depression.

D. Eryl Davies
Elder, Heath Evangelical Church, Cardiff

Providing wise pastoral advice which is both realistic and well founded in scripture, this short book is an ideal starter, both for personal use and for youth group discussion.

Jonathan Lamb
Minister-at-large for Keswick Ministries, IFES Vice President, and former Director, Langham Preaching

With all the things in this broken world that press down on us, it's hard to imagine anyone who couldn't benefit from John Kwasny's scripturally–sound guidance. I will certainly recommend it for our church's counseling library.

Janice M. Cappucci
Biblical Counselor and author

This wonderful little book is full of practical scriptural wisdom. As an experienced biblical counselor, Dr. Kwasny offers a well–balanced and comprehensive perspective on depression. His writing is clear, easy to read, and full of hope.

Jim Newheiser
Director of the Christian Counseling Program and Associate Professor of Counseling and Practical Theology, Reformed Theological Seminary, Charlotte, North Carolina

TECHNICAL DETAILS

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