



In die donker put (eBoek): n Eerlike kyk na spanning, depressie en uitbranding, en hoe om dit te herken en te hanteer (Afrikaans Edition)

Johan Smith

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Depressie, uitbranding, spanning en bekommernis is vir duisende mense 'n realiteit. IN DIE DONKER PUT bied 'n eerlike prentjie van dié groot stryd.

IN DIE DONKER PUT is Johan Smith se persoonlike verhaal van hoe hy en sy gesin deur sy seun, Dirkie, se stryd met depressie geraak is. Johan vertel ook hoe sy eie uitbranding hom voor sy menslikheid te staan laat kom het. Hiermee saam stel hy ander aan die woord wat hulle eie ervaring met depressie deel en ook persoonlike raad gee aan ander wat ook in dié donker put vasgevang is. Dié verhale getuig ook van die genade, hoop en vrede wat deur Christus vir elkeen beskikbaar is.

IN DIE DONKER PUT sluit af met feite en statistieke oor depressie, en wenke en praktiese raad rondom dié siekte. So bied dit hoop terwyl dit ook 'n dieper begrip sal skep vir dié wat worstel met depressie.



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