



Christ or Therapy?: For Depression and Life's Troubles

E. S. Williams

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It is not widely realised that there is an irreconcilable difference between the remedies for sadness and grief set out in the Bible, and those put forward by the world of psychotherapy. A gulf also exists between the biblical policy for marriage, and that proposed by secular marriage guidance psychologists. Many well-known evangelical authors and churches, however, have turned entirely to the secular remedies and policies in these matters.

This book shows what the differences are, including a remarkable review of depression in the Bible, and its relief.

This is the keenly awaited sequel to an earlier book - *The Dark Side of Christian Counselling* - by medical doctor Ted Williams.

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