

Recommended Reading on Depression

** Starred Books are highly recommended

Entry-Level:

1. ** Christians Get Depressed Too by David Murray (short, concise, helpful).
2. Dealing with Depression: Trusting God through the Dark Times by Sarah Collins & Jayne Haynes (good, easy to read introduction)
3. Depression: A Rescue Plan by Jim Winter (a practical guide)
4. Out of the Blues by Wayne Mack (more Biblical emphasis, less psychological)
5. When the Darkness Will Not Lift by John Piper
6. Depression: The Sun Always Rises by Margaret Ashmore (booklet applying the gospel, part of a series from the Association of Biblical Counselors)

Intermediate Level:

7. ** If I'm a Christian, Why am I Depressed? by Robert Somerville (presents a balanced view of theory and practice)
8. Descriptions and Prescriptions: A Biblical Perspective on Psychiatric Diagnoses and Medications by Michael Emlet (concise book showing that the Bible has a lot of wisdom regarding the diagnoses/medication conversation).
9. What to Do When Someone You Love is Depressed by Mitch & Susan Golant (secular, a lot of good common sense here)
10. Surviving the Darkness: Hope & Help for Those Dealing with Depression by Grace Ketterman, MD (Christian, more medical and psychological)
11. Defeating Depression: Real Hope for Life-Changing Wholeness by Leslie Vernick (Christian counselor, aimed more at women)

Academic Level:

12. ** When Life Goes Dark: Finding Hope in the Midst of Depression by Richard Winter (possibly the best counseling book on the subject)
13. ** Depression: Looking Up from the Stubborn Darkness by Ed Welch
14. Blame it on the Brain? by Ed Welch (biblical thinking demonstrating the differences between spiritual and physical symptoms).
15. Spiritual Depression by David Martyn Lloyd-Jones (a classic, his sermons on the topic)
16. Lost Connections: Uncovering the Real Causes of Depression by Johann Hari (secular, places primary blame on social reasons, not physical)