



## 40 Days To Better Living -- Depression

*Dr. Scott Morris, Church Health Center*

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Depression is a serious condition and 40 Days to Better Living: Depression provides clear, manageable steps for people to manage it, through life-changing attitudes and actions. Readers can select one or more elements of the 7-step Model for Healthy Living Faith, Medical, Movement, Work, Emotional, Family and Friends, and Nutrition and follow the 40-day plan to improve their lives, just a bit, day by day. With plenty of practical advice, biblical encouragement, and stories of real people who've taken the same journey, this book from the Church Health Center in Memphis, the largest faith-based clinic of its type in the U.S. may be one of the most important books your customers will read this year.

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