

## The D Diary: The Story of a Girl s Struggle with Depression God s Transforming Power



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## THE D DIARY: THE STORY OF A GIRL'S STRUGGLE WITH DEPRESSION GOD'S TRANSFORMING POWER

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Light Filled Life, United States, 2014. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Through a very raw and personal voice, Jana Letterman paints a picture of the devastating affects depression has weaved through her family tree. The purpose of the book is to draw upon practical and proven methods to achieve a life without depression, learn to use the tools God has given to live with depression, and give insight for helping those with depression. Throughout the book she draws upon her own experiences with this disease and illustrates how all things are possible if you believe and allow God to lead you. Whether you suffer from depression, need help through a rough time or simply find comfort through the encouraging words you will find hope in this book. And, don't we all need a little hope! She hopes you'll walk away with tools, goals and a world full of possibilities rooted in the word of God, enabling you to live the happy life He intended for you. Excerpt 1 It was only a few days after my grandpa's funeral when I was hit in the chest again. I was talking to my mom and dad when the subject of my other grandpa came up in conversation. He had died when I was in second grade. I vividly remember him being sick and in the hospital. I remember me and my brother getting in trouble for playing chase up and down the halls and elevators in the hospital. I remember the day he died. I remember sitting on the pew in the funeral home. I remember the smell of grass and dirt in the cemetery. What I didn't remember was how he died. I always...

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