



Happiness Is a Choice: New Ways to Enhance Joy and Meaning in Your Life

Frank Minirth, Paul Meier

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Happiness Is a Choice: New Ways to Enhance Joy and Meaning in Your Life Frank Minirth, Paul Meier **Don't let depression steal your joy**

Depression strikes nearly everyone at one time or another. But even in the midst of struggle and pain, there is hope. Drawing from their professional training, counseling experience, and biblical knowledge, Drs. Minirth and Meier walk you through

- the symptoms of depression
- the primary sources of emotional pain
- personality dynamics that lead to depression
- how to effectively deal with anger and anxiety
- medication and treatment options

With up-to-date research, *Happiness Is a Choice* explains the relationship between your spiritual life and your psychological health. It offers basic steps toward recovery from depression so that you can enjoy a happy, fulfilling life.

Frank Minirth, MD (1946-2015) was president of the Minirth Clinic and an adjunct professor at Dallas Theological Seminary. He was the author or coauthor of several books, including *A Brilliant Mind*.
www.minirthclinic.com

Paul Meier, MD, is founder of Meier Clinics and a guest on numerous radio and television programs. He is the author or coauthor of more than eighty books and is a sought-after speaker. www.meierclinics.org

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