



# Living in the Light: How to Fight the Darkness of Depression and Anxiety

*Lacey A. West RN BSN, Gary L. Anderson MS LPC*

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Living in the Light provides readers with step-by-step methods to overcome depression and anxiety. It offers solutions through a combination of cognitive techniques and gospel-centered principles that will empower readers with the ability to regain their peace and happiness through eliminating all aspects of darkness from their life, embracing a life full of light.

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