



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

*Frank M.D. Minirth, Paul MD Meier*

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Whether depression is felt mildly or acutely, temporarily or persistently, it strikes just about everyone at some point. Drs. Minirth and Meier believe, however, that the emotional pain of depression can be overcome and avoided. Drawing from their professional training, counseling experience, and biblical knowledge, they explore the complex relationship between spiritual life and psychological health and then spell out basic steps for recovering from depression and maintaining a happy, fulfilling life.

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