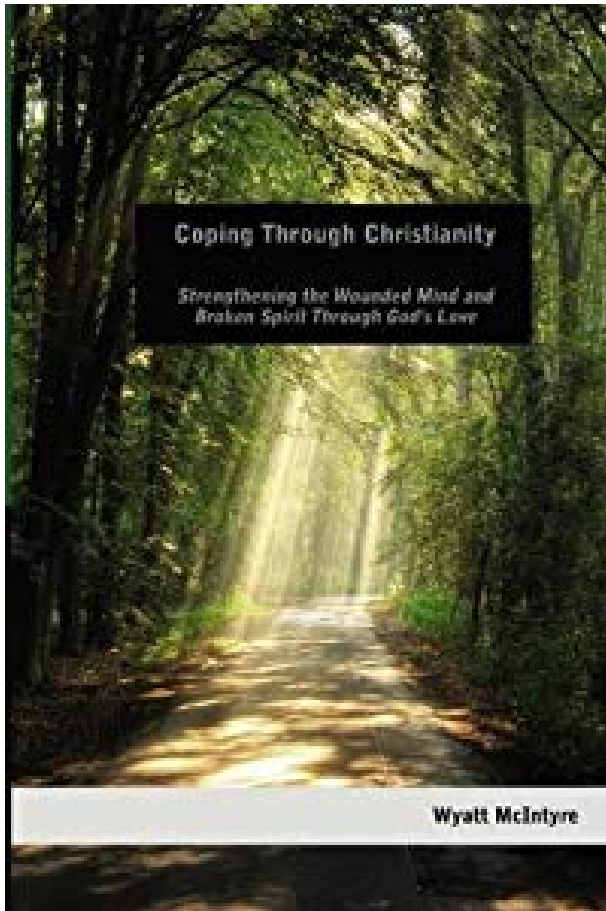


# Coping Through Christianity: Strengthening the Wounded Mind and the Broken Spirit Through God's Love



## Love

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How many Christians have their cries of distress dismissed, or worse, their faith questioned as they struggle through anxiety, grief, and other afflictions? Author Wyatt McIntyre knows these feelings all too well. Nearly ten years ago he slipped deeper and deeper into darkness, to the brink of suicide. As he recovered, he found comfort in discovering that the Biblical heroes he admired were real men and women wrestling with their own weaknesses while grasping tight to their faith in a God of mercy and deliverance. Coping Through Christianity provides insights gained through painful experience to the challenges facing today's Christians, offering encouragement to struggling believers with stories of Job, Moses, Ruth and Naomi, David, and St. Paul at their most human. Through it all, God's love is presented as the ultimate source of spiritual health, while affirming the role of medical treatment when necessary. This deeply personal and Scripture-filled book will comfort and inspire suffering souls and their loved ones as they travel the road to freedom and peace.