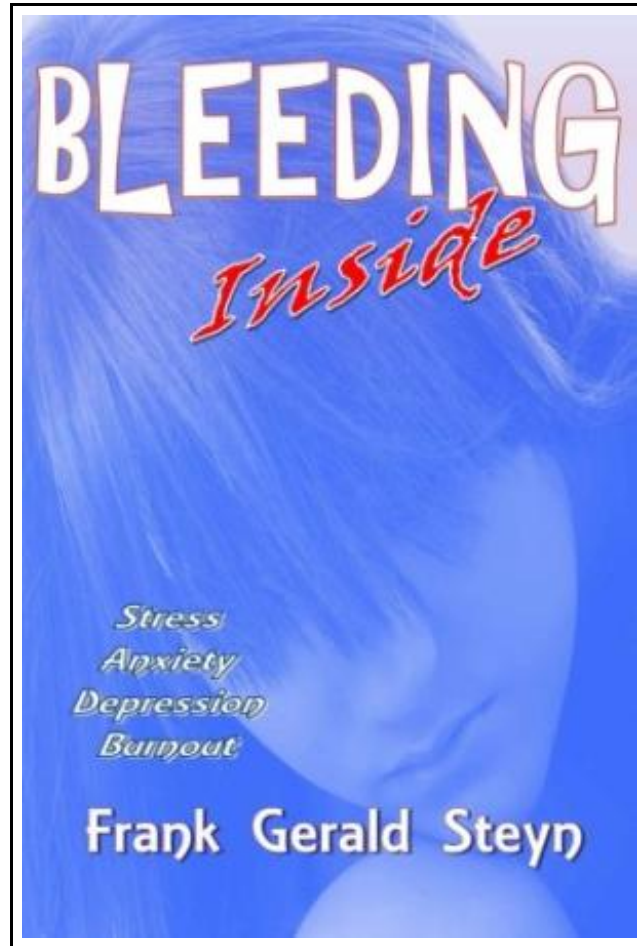


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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Many persons with the loveliest smiles often feel hurt, sad and angry or lonely inside. It takes a lot of practice to hide things so that all seems normal, but inside their head, heart and lives they are bleeding. You may know what it feels like to be tired and frustrated with playing that everything is okay, and when you try to tell someone, nobody believes you. No one knows that depression and burnout is killing you. Depression is one of the most widespread and far reaching diseases of this decade. The pain, frustration and hurt is real. People everywhere are looking for answers, healing, hope and help. Many do not know where to go next. The good news is that there is real healing and hope. You can be in touch with your feelings, change the way you live, and enjoy physical health and strength. Just remember that whatever you do, there is healing and there are practical and positive steps that you can take. Dr Frank Gerald Steyn studied Theology and Sociology at Helderberg College, Nelson Mandela Metropolitan University, The Ohio State University and the University of Pretoria. He has presented seminars in South Africa, the United States and India, and worked as Youth Director, Pastor, Professor and Chaplain. He taught classes in Sociology, Religion and the Philosophy of Health Care. Apart from writing weekly editorials on World Religions for seven years for the McGraw-Hill Company, he has published five books, and is a member of the College of Pastoral Supervision and Psychotherapy in the USA.



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