



# Battling the Black Dog: Raw Confessions of Depression in Ministry

*Randy Sawyer*

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## **Battling the Black Dog: Raw Confessions of Depression in Ministry** Randy Sawyer

From the author: "After surviving two bouts with stress disease and depression, I set out to discover what was actually going on in my life that was leading me so precariously to the edge of self-destruction. I learned to view depression as a disease inherent in leadership, even more widespread among spiritual leaders. When leadership responsibilities are linked to warfare with the world, the flesh, and the devil, you have a formula for all kinds of stress disease." This book shares more than the personal experience of the author. Physical, emotional, psychological, and spiritual symptoms of depression are addressed as well as common causes of depression. Sawyer shares nine spiritual disciplines that will be a significant part of reaching a cure to depression and hindering repeat bouts in the future. Randy Sawyer speaks with a voice of experience and a strong desire to help those in ministry find a way to overcome the profound impact of depression on the individual, the family, and the ministry.



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