



# The New Bible Cure for Depression and Anxiety

*Don Colbert*

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# The New Bible Cure for Depression and Anxiety

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## **The New Bible Cure for Depression and Anxiety** Don Colbert

There is hope! You can overcome depression and anxiety. Do you suffer from depression or anxiety? In this concise, easy-to-listen-to audio book, you'll discover a wealth of information that will help you break free! Dr. Colbert has taken the confusion away from depression and anxiety and made them simple and easy to understand. Incorporating the latest medical findings with the timeless wisdom of the Bible, *The New Bible Cure for Depression and Anxiety* contains findings that your doctor never may have told you, including the best antidepressant, the vital link between omega-3 fatty acids and brain activity, powerful foods that combat depression, and simple strategies for joy-filled living. You want to be healthy. God wants you to be healthy. Now this highly anticipated revised and expanded edition from the Bible Cure series is available to help you get healthy—body, mind, and spirit.

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