



Depression: A Spiritual Guide

By Spyridon Logothetis

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The author is Abbot of the Holy Transfiguration Monastery in Nafpaktos, Greece. Author of several other books, Fr. Spyridon offers a wealth of spiritual help for the prevention and healing of depression, all of them drawn from the Scripture and the rich spiritual tradition of the Church. Dr. George Christakis, M.D. writes, This excellently written book is for persons unaware of the hope and therapy provided by Christ and His Church for the prevention, alleviation, and cure of the insidious epidemic of depression now prevailing among all peoples of the world.

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