

Anxiety & Depression

Books Resources

“How People Change” by Paul David Tripp

“When God is Small and People Are Big” by Ed Welch

“Overcoming Fear, Worry & Anxiety” by Elyse Fitzpatrick

“Running Scared” by Ed Welch

“How Long, O Lord?” by D.A. Carson

Web Resources

www.nealedavis.com

www.bridgehavencounseling.org