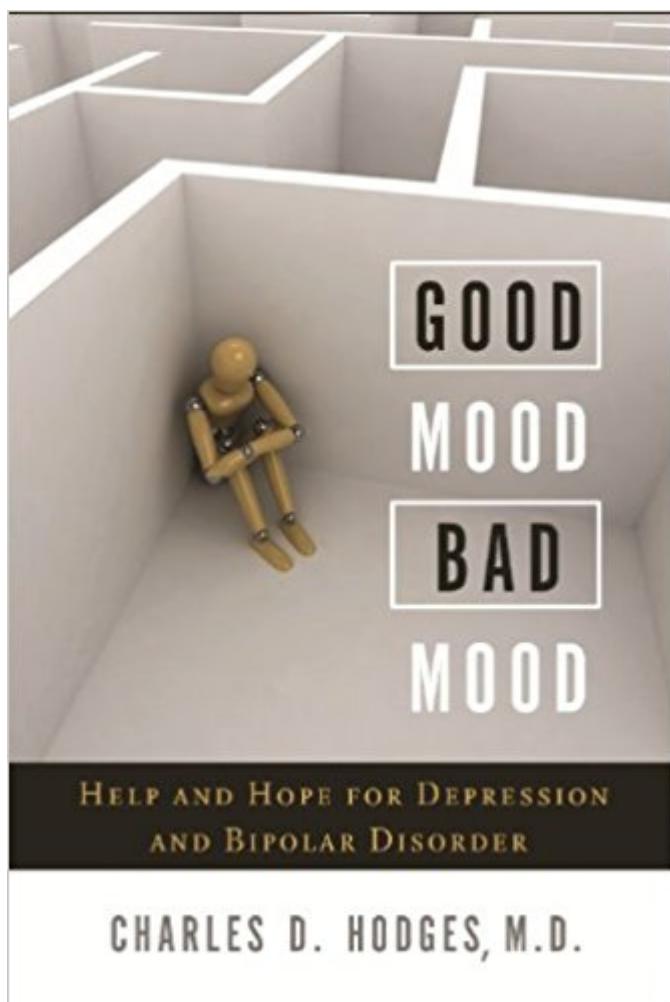


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# Good Mood Bad Mood: Help And Hope For Depression And Bipolar Disorder



## **Synopsis**

Depression and bipolar disorder are two of the most common diagnoses made in medicine today. Good Mood, Bad Mood; examines whether we are in an epidemic or if we have simply misdiagnosed common sadness as depression. Current research in the medical community seems to indicate that the criteria we use to diagnose depression has resulted in an increased and incorrect labeling of common sadness as depression. While medical treatment is now the commonly accepted way to deal with pain and sadness, its promise has not been fulfilled. In Good Mood, Bad Mood, Dr. Charles Hodges offers an explanation to help the reader see the importance of sadness and the hope that God gives us in His Word.

## **Book Information**

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## **Customer Reviews**

Dr. Hodges, has given the church an important resource in Good Mood, Bad Mood. With the scientific acumen of a physician and the loving concern of a brother in Christ, Dr. Hodges cuts through the morass of solutions for sadness, depression, mania or bi-polar disorders. Written for the lay person but detailed enough for the physician or counselor, this book is for anyone who struggles with troubling moods and for those who help them. --Elyse Fitzpatrick

Charles D. Hodges Jr. M.D. is a family physician who practices medicine in Indianapolis. He is a graduate of the Indiana University School of Medicine, Liberty University and Liberty Baptist Theological Seminary with degrees in medicine, counseling and religion. He is board certified in Family medicine and Geriatrics and is a licensed marital family therapist. Dr Hodges teaches and

counsels at the Faith Biblical Counseling Ministry and teaches on medical subjects in Biblical counseling around the country and abroad. He and his wife Helen have been married 41 years and have 4 children and 12 grandchildren. Golf and running are both things he enjoys!

Good Mood, Bad Mood: Help and Hope for Depression and Bipolar Disorder by Charles D. Hodges, M.D. began as a work about bipolar disorder, but grew as Hodges did his research in preparation for the book. Hodges argues that people are classified as depressed or having bipolar disorder far more quickly and with far less evidence than should be occurring. By looking at the criteria from the DSM IV and considering numerous real histories of patients — some of which he relates in his book, Hodges argues that many people ought not to be receiving these classifications. Often, what people are experiencing is sadness — and he looks to the Scripture and especially Jesus' — interaction with those experiencing sadness as he considers this. Sadness can come about because of tragedy and sin — and it is right to mourn tragedy and right to mourn sin. The problem comes when one doesn't know how to break out of that cycle. How one does that varies based on the cause of the sadness. Hodges has encouraged patients to look at whether or not one can change to relieve sadness and/or to look to the Scripture and believe what God has said about His Grace being available to those who believe. He has encouraged patients to come out of sadness by changing their motivation for life and relief to being one sentence: "I want to glorify God with my life more than I want to breathe." (114). Changing one's motivation can change one's mood, he argues. He explains that there are other causes of sadness such as worry — and he shows from the Scripture that this is sinful and encourages belief and trust in God's Word, as well as choosing to be in a good mood, rather than a bad one. In the final two chapters, Hodges explains bipolar disorder and explains his recommendation of immersing oneself in Scripture and taking one's medications. In the appendices he explains how to find peace and then the real, medical causes of the disorders he has argued are too frequently diagnosed when the real problem is sadness. Hodge's book is a helpful one, both for persons who are sad and for counselors. My one critique is that one could read this book and think that a real disorder is not real. I am thankful for the final appendices, but I would have liked to see him expand it.

I checked this book out at the library before I decided I had to buy this! It's such a great book! An essential for anybody who struggles with depression/anxiety or has a child or other family member with those issues. I feel even people without diagnosed mood disorders can benefit from this book! I

am a preschool teacher and plan to apply this new perspective on how to view emotions. I love the Christian principles in this book. It is much more encouraging than the world view of mood problems. The world tells you to give up and accept how you are, but God tells you you are more than a conqueror! And we can do all things through Christ who strengthens us! If you are feeling hopeless and frustrated with your situation. You need this book!

A very helpful explanation - written by an MD and yet easily understandable to a layperson - of the latest in depression studies. Learning the history of how the medical community got to where it is on depression AND his perspective on how the church got to where it is on depression was illuminating. The case studies are such practical help for biblical counselors. I am giving this book away to many many folks and recommending it to all! I've heard Dr. Hedges at several excellent ACBC events lecture on these topics, and it is so helpful to have it in book form to pass along.

This book does a great job from a medical, researcher and Christian point of view at explaining all the important factors that counsellors should consider in treating the depressed and bipolar. It answered many of the questions I had and I now feel confident to discern in any situation that I may will be misled.

Helpful.

While I wouldn't probably hand this to someone with a bipolar diagnosis, I would recommend it to a committed Christian who suffers from what they are being told is chronic depression, along with the offer of emotional support as they read it. And it is a good book to read in the good times to be prepared for when life next hurts. It gives a different perspective, one that is outward directed instead of internally, for finding meaning in sadness, loss and grief.

Extremely helpful to me as the parent of a daughter who is affected by this malady. Highly recommended for those who believe Jesus Christ is the Son of God.

Excellent book highly recommend it

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Good Mood Bad Mood: Help and Hope for Depression and Bipolar Disorder Depression Treatment Naturally & Depression Self Help: 21 Non-Medical Depression Cures To Stay Happy For Life

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