



Oorkom depressie (Afrikaans Edition)

Izak de Villiers

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Izak de Villiers, bekende predikant, digter, joernalis en voormalige redakteur van Sarieen Rapport, was onder die indruk dat sy stryd met depressie sou verdwyn namate hy ouer word. In hierdie hersiene weergawe van Oorkom Depressie – die Siekte van ons Tyd, skryf hy op aangrypende wyse, hoe hy steeds met die swart hond worstel. Izak deel jare se persoonlike ervaring en gee advies, oor hoe om met depressie saam te leef. Destyds het dit as radioprogram met 'n psigiater begin, en toe 'n topverkoper boek geword wat talle herdrukke beleef het. In 1986 is sy boek met die Andrew Murray-prys bekroon.

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