

Dr. Michelle Bengtson

Author • Speaker •
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About “Hope Prevails”

By 2020, depression will be our greatest epidemic worldwide. In any given year, approximately 18.8 million American adults suffer from a depressive disorder.

At some point in their lives, about one in four Americans will experience depression.

If you have not suffered from depression, you know someone who has or does!

Hope Prevails educates the reader on what depression is, and where it comes from. Dr. Bengtson teaches what the enemy does to get us and keep us depressed, but she also shows what by God’s grace He doesn’t allow the enemy to do despite depression. She offers treatment strategies as well as prescriptive action plans at the end of each chapter.

BIO:

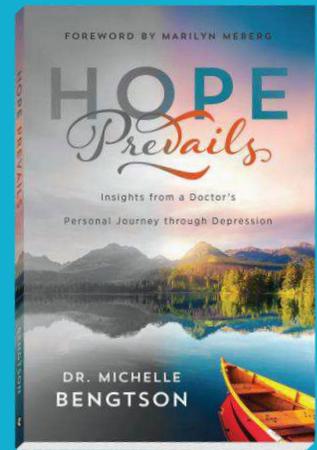
Author, speaker and board certified clinical neuropsychologist, Dr. Michelle Bengtson is also a wife, mother and friend. She knows pain and despair firsthand and combines her professional expertise and personal experience with her faith to address issues surrounding medical and mental disorders, both for those who suffer and for those who care for them.

She offers sound practical tools, affirms worth, and encourages faith. Dr. Michelle Bengtson offers hope as a key to unlock joy and relief—even in the middle of the storm. She blogs regularly on her own site: <http://www.DrMichelleBengtson.com>

She believes that as long as we have breath, Hope Prevails!

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“Hope Prevails” is written by Dr. Michelle Bengtson in a dual voice: as a clinical neuropsychologist with over 20 years of experience in the medical and mental health fields, and that of a patient who herself suffered through the valley of depression. Here’s what Dr. Bengtson knows - Hope Prevails!

There are many fine, worthy, and insightful books written about depression but in my view, Dr. Bengtson’s trumps them all. Our first step of making it to the other side of the valley of depression may well be falling into the competent and compassionately written words of this God honoring book: “Hope Prevails.” Marilyn Meberg, Speaker-Women of Faith