

Endorsements for “*Hope Prevails*” by Dr. Michelle Bengtson

As a counselor, I have read many books on depression, but I have never read a book that deals with the spiritual aspect of healing as thoroughly as does *Hope Prevails*. Dr. Bengtson draws from her own personal journey as well as her professional experience. I highly recommend this book for anyone who has tasted the pain of depression or knows a friend who is depressed.

Gary Chapman, Ph.D.  
Author of *The 5 Love Languages*

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It is refreshing to have a board-certified neuropsychologist acknowledge the spiritual component of depression, but it is even more impressive that Dr. Bengtson would be willing to share her own journey through the fog of despair. Her personal insights are invaluable for those who are struggling with what is often described as ‘the common cold of mental illness.’

Dr. Neil T. Anderson  
Founder and president emeritus of Freedom in Christ Ministries and author of *Overcoming Depression*

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It is a unique position to be both the doctor and the depressed patient. Those dual experiences offer rare insight into the nuances of a very difficult journey. Dr. Michelle Bengtson has written a wonderful, hope-filled book for those who suffer from depression and for those who love them. Because she’s been in the place of the patient, her compassion abounds. Because she has been in the place of the doctor, her knowledge is spot on. Because she is a lover of God, her book offers practical, spiritual hope for anyone who is searching. I encourage you to read it! It will make you better, no matter your situation.

Jan Silvious  
Author of *Fool-proofing Your Life and Same Life, New Story*

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I often see the long-term and devastating effects of the hard to define, hard to leave behind, ravages of depression. It seeks to wear down and wear out our hope. When longing to help another caught in despair, I’m acutely aware of how inadequate I am to help them, realizing that Christian platitudes and casual verses only serve to make them feel more alone or misunderstood. In *Hope Prevails*, Dr. Michelle Bengtson provides some profound wisdom for us all. By sharing her own transparent journey of recovery, Michelle offers a break-through approach that focuses on the spiritual component of recovery as a means to overcome. This book finds the cross roads between treatment and faith. What you hold in your hand is a rare gift. It’s hard to find a person who will be so

honest about his or her own struggle in order to help you with yours. It's a double blessing when that person also possesses the expertise, experience and grace to meet your needs. I recommend this book, and this woman, to those caught in the trap of depression. There is hope and it does prevail.

Jan Greenwood

Pastor of Pink, Gateway Women ~ Gateway Church, Southlake Texas

Author of *Women at War*

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Nowhere else have I found an author speak to the difficulty of depression with this level of specific explanation, insight, and hope.

In *Hope Prevails*, Dr. Michelle Bengtson unfolds a deeply personal narrative that speaks both to cause and antidote. She balances the truths of depression with a chord of hope, tethering us to both the love and power of God.

On those days you're tired and weary and feel like you just can't keep going, this book is like having a girlfriend right there with you. A girlfriend who just happens to be a trained and certified mental health professional who relies on scripture to equip you with the tools you need to overcome.

Jo Ann Fore

Author of the award-winning *When A Woman Finds Her Voice*

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In my 30 years as a practicing psychotherapist, I've never read a book that suggests more helpful and concrete ways of overcoming depression as "*Hope Prevails*." This book goes a major step beyond what therapy accomplishes by helping us maintain our hope. Dr. Bengtson's own struggle with depression is carefully woven into her well-credentialed research on causes and etiology of depression. Then she leaves us with a powerful prescription for finding relief and peace.

The message is clear and never loses its power. Too often I begin a book and within the first three chapters have read what the rest of the book struggles to support. I'm grateful for this book and the many who will get relief reading it and following her prescriptions. And, how helpful to those with someone in their life dealing with depression.

Pat Wenger, M.A., LPC, MFT

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*Hope Prevails* is a treasure trove of Scripture, music and medicine for the soul. This book shares truth upon truth for anyone encountering the obscurity of depression. It is a very important work that should be held in the highest regard in any family library. Most of all, it is honest. Michelle genuinely opens up a window of her heart, shamelessly

revealing her own darkest hours in order to shine a light of hope for you and me. If you or anyone you love touch even the fringe of depression, I highly recommend this work as a key doorway to your journey towards joy, peace, and the full life we can have in Christ.

Jennifer Strickland

Author, *Beautiful Lies*, inspirational speaker, and founder of [URMore.org](http://URMore.org)

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If you or a loved one are walking through the valley of depression, be encouraged that you are not alone. Dr. Michelle Bengtson has provided a powerful resource to help you on your journey toward hope. It is a personal and positive book, as you learn from Dr. Bengtson's own story as well as her practical knowledge in the field. I love how she shares a prescription, a prayer and a playlist at the end of each chapter to give you an extra boost of strength. *Hope Prevails* is a must read for every person who struggles with depression.

Karol Ladd

Author of *Thrive, Don't Simply Survive*

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Dr. Bengtson exposes the lies and opens our eyes to the truth about depression!

I LOVED THIS BOOK! Like a sweet friend walking with us in our darkest days, with experiential wisdom and tender compassion, Dr. Bengtson exposes the lies and reveals the truth about depression and what keeps us trapped in physical, emotional, and spiritual bondage. If you are ready to finally break free, your RX is waiting. Take Michelle's hand and allow her to offer you the hope your soul is longing for.

Patty Mason

Author, *Finally Free: Breaking the Bonds of Depression without Drugs*  
Founder, Liberty in Christ Ministries

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It is one thing to have clinical expertise and knowledge, it is entirely something different to have a story. Dr. Michelle Bengtson weaves these all together, on a foundation of her deep and tested faith to give a response, or more accurately a weapon against, this monster called depression. Reading this book gives the clear awareness, you are not alone and you are not defeated. More than her book, Michelle's life shouts, "Hope Prevails!"

Bob Hamp

Founder and Director Think Differently Counseling, Consulting and Connecting  
Author, *Think Differently, Live Differently*

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Dr. Michelle Bengtson's enlightening book, *Hope Prevails*, provides a master blueprint for overcoming negative thoughts and toxic emotions. Targeting a generation who feels lost and hopeless, this book provides meaningful help to everyone who has endured unexpected heartache, pain or trauma.

*Hope Prevails* offers effective answers on how to overcome loss and reach for a life brimming with peace, joy and limitless dreams. Reading this book will drastically improve your life.

Tracey Mitchell  
TV Host, Preacher  
Author, *Downside Up*

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It's very likely that you or a loved one has experienced the effects of depression: profound sadness, lack of energy, loss of joy. You may have found yourself wishing for the honest counsel of a wise woman or a close friend, even a special therapist. Someone who would understand what you are going through without you having to find the words. Someone who has a special kind of wisdom and guidance to share. Through *Hope Prevails*, Dr. Bengtson relates to the reader as a caring friend while providing professional insights formed by years of education, training, and experience as a neuropsychologist. In *Hope Prevails*, Dr. Bengtson attends to the spiritual aspects of healing from depression and interprets frequently used depression treatment techniques within the context of a close relationship with God. Dr. Bengtson sprinkles personal knowing alongside professional knowledge to deliver sound teachings and recommendations from the perspective of a "helper" who has had her own battles against depression, has grabbed hold of God's promises and realized joy in Him. She delivers inspired love and understanding of her own and through that shows God's love for those who are in despair. She is *that* friend, maybe not one you know personally, but one whose words can comfort and guide you just as powerfully toward a fulfilled relationship with God, the Healer.

Laura Patke, Psy.D.  
Licensed Psychologist

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Dr. Michelle Bengtson sent this ball over the fence! *Hope Prevails* is the most helpful and practical thing I've read on dealing with depression! A compassionate filled work from someone who's been through the struggle personally. This is a must have resource for anyone struggling with depression or for those who know someone who is. Armed with Scripture, Dr. Bengtson gives step-by-step strategies for combating the lies of the

evil one. Hope is on every page!

K Douglas Brown,  
Associate Pastor of Family Ministries at Metropolitan Baptist Church in Oklahoma City,  
OK  
Author, *Shotgun Rider: Restoring Your Passion for the Ministry Trail*.

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“Everyone who suffers or knows someone who suffers or will meet someone who does needs to read this book. If I had read it 23 years ago, I never would have attempted suicide!” anonymous reader

~~~Foreword~~~

Some persons rip through life as if their hair were on fire. Others sit fearfully on the sidelines hoping not to catch sparks. Then there are those who don't care one way or the other. They say “bring it on.....or not...whatever”.

Many persons don't fight external hair fires or indifference to life. Instead, they are the silent majority who trudge through their dailiness with an internal pain carefully hidden behind cheerful competence. However, known only to the mask holder, is the fear of mask slippage. Such slippage threatens to reveal deep shame, fear of rejection and horror at being truly seen. Actually, those responses may be indicators of an undiagnosed depression: the sense that somehow “I can't make life work. I feel desperate and not sure I even care about anything anymore.”

Here's the good news about mask slippage. When the mask slips or drops there's no more pretending you have your ducks in a row. There's the freedom to admit you never liked those ducks anyway. In fact, you don't care if you ever see them again. In case you see yourself in any of these descriptions and would love to not only find relief from your pain but also understanding of that pain, I suggest you read “Hope Prevails” by Dr. Michelle Bengtson.

The book title is your first clue to the book message. There's always hope in spite of the degree of inner pain you are experiencing.

Dr. Bengtson is a board certified neuropsychologist. Although a highly trained and specialized doctor in neurology and psychology, she makes this vulnerable and compelling opening statement in her book: “I have suffered with depression. I see patients every week with mental health disorders. I diagnose their condition and make treatment recommendations yet all my education and experience didn't protect me from succumbing to this devastating condition myself.”

She goes on to say, “I wrote this book to share with you just not a doctor's perspective on depression but to share my own journey through a season of depression”. When someone

of Dr. Bengtson's professional stature and training tells me depression can hit and debilitate anyone anytime, I take notice. I also take heart. She says "I'm writing today from where I stand, the other side of depression's valley. I encourage you to persevere. You will not always feel this way. There are brighter days ahead."

There are many fine, worthy, and insightful books written about depression but in my view, Dr. Bengtson's trumps them all. She does not underestimate the value of medication, therapy, exercise, and wise food choices. But, in her words, "When I started to understand depression in terms of what it does to us spiritually as well as what it cannot do to us spiritually, I finally began to experience the chains of depression falling off."

Each chapter of the book concludes with a recommended play list of music which was uplifting and encouraging to her. She believes that listening to praise and worship music helped her hold on when her grip was shaky.

To those of us frail human beings who suffer from a shaky grip, or those who seriously fear not making it through life, God says He will never ever leave us. We will make it. This book will underscore that biblical truth over and over again. 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, M.A., Counseling Psychology, Speaker for 20 years with Women of Faith, Author of 14 bestsellers including "What to do When the Roof Caves In," "Love Me, Never Leave Me," and her most recent book, "Constantly Craving." Marilyn holds a Master's degree in English and taught at Biola University for 10 years.