



# **My Name is Hope: Anxiety, depression, and life after melancholy**

*John Mark Comer*

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# My Name is Hope: Anxiety, depression, and life after melancholy

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## **My Name is Hope: Anxiety, depression, and life after melancholy** John Mark Comer

For years, John Mark Comer thought he was the only man on the planet who struggled with anxiety and depression. He was dead wrong.

Staggering numbers of modern Americans fight anxiety and depression on a daily basis. In 2010, there were 253 million prescriptions for antidepressants in the U.S. alone. That's in a nation of 311 million people. And the battle is nothing new. My Name is Hope is the story of one follower of Jesus who went through the horrors of anxiety and depression and came out the other side. It is his ruthlessly authentic and scripturally authoritative account of prophets and poets, mothers and fathers, and even a Messiah who all came up against anxiety and depression.

"With obvious relevance and prophetic resonance," My Name is Hope "speaks needed truth into the overstressed, over-medicated reality of our lives and culture. It is a book that will awaken and guide many towards a return home to the hope that is ours in Jesus."

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