Finding Lasting Healing for Depression and Anxiety



Dr. Neil Nedley with John Bradshaw



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Foreword by Pastor John Bradshaw

I have never gotten close to solving a Rubik's Cube. That's partly due to there being approximately 43 quintillion possible variations of the Rubik's Cube. Expressed in numbers, that's 43,000,000,000,000,000,000. That is, according to a group of researchers at the University of Hawaii, six times the number of grains of sand on Planet Earth.[1] Yet any Rubik's Cube can be solved in just 20 moves. Online tutorials walk a person through the process. Given this knowledge, even I could solve a Rubik's Cube.

Far more importantly, the right knowledge can save a person's life. The World Health Organization (WHO) announced in its first-ever report on hypertension (high blood pressure) that while one in three adults in the world are affected by the condition, 76 million lives could be saved "if countries can scale up coverage."[2]

1. Robert Krulwich, "Which Is Greater, The Number Of Sand Grains On Earth Or Stars In The Sky?" NPR, published September 17, 2012, https://www.npr.org/sections/krulwich/2012/09/17/161096233/which-is-greater-the-number-of-sand-grains-on-earth-or-stars-in-the-sky.

2. "First WHO report details devastating impact of hypertension and ways to stop it," World Health Organization, published September 19, 2023, https://www.who.int/news/item/19-09-2023-first-who-report-details-devastating-impact-of-hypertension-and-ways-to-stop-it.

Hypertension leads to stroke, heart disease, kidney damage, and other problems, yet in some countries, only one-third of those with hypertension are aware of their condition.[3] The WHO reported that while "some people may need medicines that can control hypertension," "lifestyle changes like eating a healthier diet, quitting tobacco and being more active can help lower blood pressure."[4] It's a little like the Rubik's Cube. What might appear to be an impossible situation can be effectively addressed if people possess - and utilize - the right information.

For many people, depression is an impossible situation. Numbers of people dealing with depression have skyrocketed in recent years. In 2023, Harvard Medical News reported on a study in *The Lancet Psychiatry* which stated that half of all of the people in the world will develop a mental health disorder

3. Anonna Dutt, "What the WHO report on hypertension says about India: 188.3 million have it, only 37% diagnosed," Indian Express, updated September 21, 2023, https://indianexpress.com/article/explained/explained-health/what-who-report-hypertension-says-india-8948733/.

4. See note 2 above.

in their lifetime.[5] The study, co-led by researchers from Harvard Medical School and the University of Queensland, found that "mental disorders are a major health problem worldwide, with massive unmet need for treatment," according to Harvard professor, Dr. Ronald Kessler.[6] The study showed that the three most common mental health disorders among women are depression, a specific phobia, and post-traumatic stress disorder, while the top three among men are alcohol abuse, a specific phobia, and depression.

However, awareness of the problem is nothing more than a starting point. How does one actually solve this particular Rubik's Cube? Fortunately, there is a way out of depression and anxiety, for the majority of people. As Ben Franklin once said, "An ounce of prevention is worth a pound of cure," and when it comes to depression and anxiety, that ounce of prevention is available.

In September of 2023, National Public Radio (NPR) reported that there are effective ways to decrease the

5. Queensland Brain Institute, "Half of World's Population Will Experience a Mental Health Disorder," Harvard Medical School, published July 31, 2023, https://hms.harvard.edu/news/half-worlds-population-will-experience-mental-health-disorder.

6. Ibid.

amount of depression experienced.[7] Researchers even "found a reduction in the risk of depression held up even among people who have genetic variants that make them more susceptible."[8] "You can reduce the risk of your getting depression by 57%," which, according to Dr. Barbara Sahakian from the University of Cambridge, "is really quite a massive amount."[9]

Which, from a biblical standpoint, stands to reason. Jesus stated that He came to earth so that people "may have life, and that they may have it more abundantly" (John 10:10). Humans have been "fearfully and wonderfully made" (Psalm 139:14), and the promise of God is that He "will keep him in perfect peace, whose mind is stayed on You, because he trusts in You" (Isaiah 26:3).

Certain practitioners have been helping people successfully beat depression and anxiety for many years. One of them is Dr. Neil Nedley, who over the years has been a guest on the It Is Written television program. Dr. Nedley has seen remarkable results as

7. Allison Aubrey, "These habits can cut the risk of depression in half, a new study finds," NPR, published September 19, 2023, https://www.npr.org/sections/health-shots/2023/09/19/1200223456/depression-anxiety-prevention-mental-health-healthy-habits.

8. Ibid.

9. Ibid.

he has worked with people suffering from depression and anxiety, people who, in many cases, have been completely disabled by these illnesses.

While nothing should be seen as a blanket guarantee, knowing there is a way out of depression offers great hope. The fog of depression and anxiety often enshrouds an individual. The mind that may appreciate life one day may on another day see absolutely no hope for the future. Despair may set in, and it can seem as though life is not worth living.

But that cannot be true. As Jesus said, it is the thief - Satan - who comes "to steal, and to kill, and to destroy" (John 10:10). Jesus is the life-giver. And He has provided ways of fighting back against depression and anxiety, so that you and those you love may enjoy the abundant life He offers.

Finding Lasting Healing for Depression and Anxiety by Dr. Neil Nedley

Mental health or mental illness strongly influences your ability to successfully perform mental functioning, engage in productive activities, develop and maintain fulfilling relationships with others, adapt