



## Released

*Tina Thompson*

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## **Released** Tina Thompson

I was a pro at putting on a false face... But inside I was dying and crying for relief. Depression can be a prison and no one knows better than Tina Thompson what it means to be trapped in the cage of sadness and apathy. In Tina's autobiographical account of struggling for years with depression, she paints a picture of what it takes to overcome anxiety and depression and live a truly fulfilling life knowing that nobody is alone. She delves into the roots of depression, highlighting key symptoms including apathy and emotional trauma. She encourages all sufferers to stop fighting for control, to let God take over. Through faith, exercise, and self-awareness, anyone can break the chains of depression and be truly Released. Tina Thompson is a wife, mother of two married daughters, and homemaker living in Lexington, Kentucky. Teaching women's Bible studies, speaking at women's conferences, and discipling ladies one-on-one, Tina is dedicated to helping women discover the life-changing power of God's Word. She attended Lexington Baptist College, but her education has come primarily through her personal Bible study and the experience and research that resulted from years of depression, anxiety, and panic attacks.

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