



# **Your Mind, Your Soul And The Black Hole: A layman's guide to cure depression**

*Kenny Volbrecht*

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# Your Mind, Your Soul And The Black Hole: A layman's guide to cure depression

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Depression is killing thousands of people each year. Those it doesn't kill, it sucks the life from until they have no energy and no idea of who they are or used to be. Medicine only numbs the mind and helps the person forget the agony of performing simple daily tasks. Relationships are paralyzed until they are all but a corpse.

Stop living as a prisoner in your own body! Send the warrior to slay the dragon. The warrior is you and the dragon is depression. The only thing you need is a sword-Your Mind, Your Soul, and the Black Hole. This book simplifies the components of depression and equips you to overcome this dreadful disease once and for all. Tell the pharmaceutical companies to stick it! The premise of the book is Eradicate it, don't medicate it. Learn depression's root cause and how to escape its deadly grip.

Kenny Volbrecht ministered for 12 years as a pastor. His forte is teaching audiences the basic elements of relationships, marriage, and depression as they apply to daily living. He graduated with a Masters in Bible studies designed to focus on the human journey. Although discipleship seems antiquated in today's society, Kenny employs this style of teaching so individuals can achieve their greatest potential in what matters most-relationships. Kenny and Trish, his bride of over 25 years, have traveled the valleys and mountaintops raising 7 children. They are typical people overcoming everyday hurdles. Their passion is enjoying family and friends in the most fulfilling human journey we call "life".

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