



Recommended Reading by Ed Welch

Depression: Looking up from the Stubborn Darkness

<https://www.ccef.org/book/depression-looking-stubborn-darkness/>

Shame Interrupted

<https://www.ccef.org/book/shame-interrupted/>

When People Are Big and God Is Small

<https://www.ccef.org/book/when-people-are-big-and-god-small/>

Running Scared

<https://www.ccef.org/book/running-scared-fear-worry-and-god-rest/>

A Small Book for the Anxious Heart

<https://www.ccef.org/book/a-small-book-for-the-anxious-heart/>