



# Bright Days, Dark Nights: With Charles Spurgeon in Triumph over Emotional Pain

*Elizabeth Ruth Skoglund*

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**Bright Days, Dark Nights: With Charles Spurgeon in Triumph over Emotional Pain** Elizabeth Ruth Skoglund

Draws on Charles Spurgeon's experience with depression to illuminate the profound relationship between body, mind, and spirit. Spurgeon's insight promotes emotional wholeness while recognizing God as the author of hope.

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