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HOPE FOR TEENS STRUGGLING WITH ANXIETY AND DEPRESSION

New Books by Counselor David Murray Help Teens and Their Families Find Freedom

WHEATON, Ill.—Depression and anxiety are increasingly common among teenagers. Teen anxiety is at epidemic levels, with nearly a third of thirteen-to-seventeen-year-olds experiencing an anxiety disorder. And while depression statistics aren’t as high, the numbers continue to rise. Christian teens are no exception, leaving many families feeling helpless in the face of this struggle.

In his new book, *Why Am I Feeling Like This?* (Crossway, July 2020), counselor David Murray introduces teen readers to the personal stories of eighteen teens who have experienced different forms of anxiety or depression. Each story is followed by a helpful “key”—a tool that teens can use to find hope and freedom, including the following:

- The Key of Understanding
- The Key of Medication
- The Key of Scripture
- The Key of Prayer
- The Key of Rethinking
- The Key of Rest

Each of the eighteen chapters also ends with practical steps teens can take to “turn the key” discussed that chapter, as well as Scripture to memorize and a prayer to help them cry out to God in the midst of depression and anxiety.

To help parents whose teenagers are struggling, Murray has also written *Why Is My Teenager Feeling Like This?: A Guide for Helping Teens through Anxiety and Depression* (Crossway, July 2020) as a companion volume. In addition to sharing the same eighteen stories from the teen book, he shares helpful statistics, more practical tools, and specific encouragement for parents as they walk alongside their teens.

“In our homes, our schools, and our churches, we want to talk about these issues as normal abnormalities in an abnormal world,” Murray tells parents. “We want to build a culture of transparency and trust so that our teens will feel free and safe to talk about their fears without fear. Anxiety and depression are simply two of the many consequences of the fall, and teens should be able to talk about them just as we talk about asthma, broken arms, disrespect, purity, and so on.”

Ed Stetzer, executive director of the Billy Graham Center at Wheaton College, writes, “In a day and age where many parents, even Christian ones, feel as...”
though they are ill-equipped to parent their children facing all sorts of issues, along comes Murray to give us a powerful parental tool in shepherding our children who battle anxiety and depression. With *Why Is My Teenager Feeling Like This?* (and the accompanying student version), parents no longer have to be or feel ill-prepared to navigate such overwhelming issues. I just wish I had this book years ago."


**ABOUT THE AUTHOR**

David Murray (PhD, Vrije Universiteit Amsterdam) is professor of Old Testament and practical theology at Puritan Reformed Theological Seminary. He is also a counselor, a regular speaker at conferences, and the author of *Exploring the Bible*. David and his wife, Shona, attend Grand Rapids Free Reformed Church.

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