



Good Mood Bad Mood: Help and Hope for Depression and Bipolar Disorder

Charles D. Hodges M.D.

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Good Mood Bad Mood: Help and Hope for Depression and Bipolar Disorder Charles D. Hodges M.D. Depression and bipolar disorder are two of the most common diagnoses made in medicine today. Good Mood, Bad Mood; examines whether we are in an epidemic or if we have simply misdiagnosed common sadness as depression. Current research in the medical community seems to indicate that the criteria we use to diagnose depression has resulted in an increased and incorrect labeling of common sadness as depression. While medical treatment is now the commonly accepted way to deal with pain and sadness, its promise has not been fulfilled. In Good Mood, Bad Mood, Dr. Charles Hodges offers an explanation to help the reader see the importance of sadness and the hope that God gives us in His Word.

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