



# Hiding Behind A Mask: Overcoming Depression and Bipolar Disorder

*Cheryl Bolton Van Winkle*

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**Hiding Behind A Mask: Overcoming Depression and Bipolar Disorder** Cheryl Bolton Van Winkle  
Hiding Behind A Mask is about Cheryl's 40 year battle with chronic, debilitating bipolar depression. Even though she and her husband were successful pastors of a church of over 1000, some of the Board Members became highly critical and judgmental of Cheryl's condition. They eventually had to resign the church in order for Cheryl to receive her healing. Some of the most successful pastors have criticized and even made fun of those who are suffering from depression. It is time for the body of Christ to understand that Jesus does not condemn those who are depressed or mentally ill. On the contrary, He came to heal the broken hearted. His mercy endures forever and He is the same yesterday, today and forever. Jesus always moved with compassion on those who were hurting. He is near those who feel hopeless and destitute. Cheryl tells how she overcame the depression by using the Word of God along with doctors and medicine. She also credits her healing to the unconditional love of her wonderful husband and for patiently praying with her during her darkest hours. This book challenges Christians to become better educated about clinical depression and to move from labeling and judgment to understanding, encouragement and love. If you or a loved one are struggling with depression, Cheryl's story will not only give you practical advice but much needed hope. This book is one of the most needed in the world today with over half of all prescriptions being antidepressants and that doesn't count the anti-anxiety drugs.

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