



# Why Do Christians Shoot Their Wounded?: Helping (Not Hurting) Those with Emotional Difficulties

Dwight L. Carlson

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It's no sin to hurt. Thousands of Christians suffer real emotional pain--such as depression, anxiety, obsessiveness. Many other Christians, including prominent leaders, believe emotional problems are the result of sin or bad choices. These attitudes often only add to the suffering of those who hurt. In this book Dwight Carlson marshals recent scientific evidence that demonstrates many emotional problems are just as physical or biological as diabetes, cancer and heart disease. While he never discounts personal responsibility, Carlson shows from both the Bible and up-to-date medicine why it really is no sin to hurt. Understandably and compellingly, *Why Do Christians Shoot Their Wounded?* brings profound help for those who hurt and those who counsel. For those who suffer, here is a powerful liberation from guilt. For those who care for the suffering, here is vivid proof that those in emotional pain deserve compassion, not condemnation.



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