

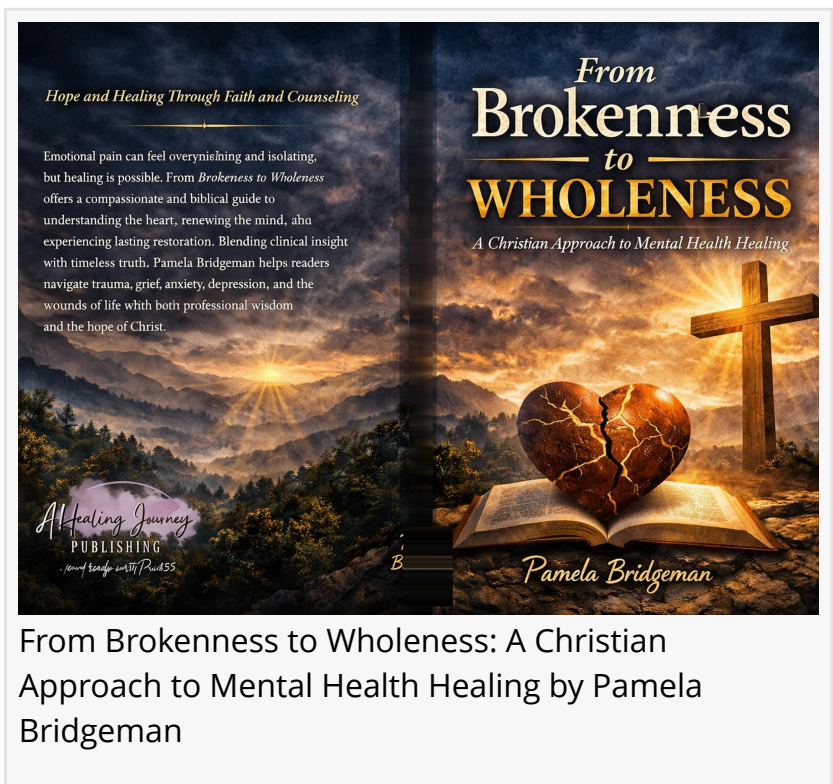
From Brokenness to Wholeness Offers a Compassionate Christian Guide to Mental Health and Healing

Pamela Bridgeman combines biblical truth and clinical insight to help readers navigate trauma, anxiety, grief, depression, and emotional restoration.

NEW YORK CITY, NY, UNITED STATES, May 13, 2026 /EINPresswire.com/ -- As conversations surrounding mental health continue to grow within faith communities, Pamela Bridgeman brings a compassionate and deeply informed voice to the discussion with *From Brokenness to Wholeness: A Christian Approach to Mental Health Healing*. Combining professional clinical understanding with a strong biblical foundation, the book offers readers a thoughtful and hope-filled guide for addressing emotional pain, trauma, anxiety, grief, and other hidden struggles that are often left unspoken in Christian settings.

Written for individuals seeking both spiritual and emotional healing, *From Brokenness to Wholeness* moves beyond simplistic answers and encourages honest conversations about mental and emotional suffering. Bridgeman addresses difficult realities many believers quietly endure, including depression, chronic anxiety, unresolved grief, addiction, codependency, and the lasting effects of trauma. Through practical insight, realistic case examples, and faith-centered reflection, the book creates space for readers to confront pain while discovering hope and restoration.

At the heart of the book is the belief that seeking healing is not a sign of weakness, but a courageous step toward wholeness. Bridgeman emphasizes that emotional suffering and faith can coexist, challenging the misconception that spiritual devotion alone automatically removes



every struggle. By integrating biblical principles with sound clinical understanding, she encourages readers to pursue healing through both spiritual care and healthy support systems.

The inspiration for the book emerged from Bridgeman's experiences as both a clinician and a woman of faith who recognized the growing need for compassionate mental health resources within Christian communities. She observed that many believers carried invisible burdens while feeling pressure to appear spiritually strong. *From Brokenness to Wholeness* was written to provide reassurance that healing is possible and that honest vulnerability can lead to deeper faith and lasting transformation.

The book is especially valuable for Christians navigating emotional hardship, pastors and ministry leaders supporting hurting individuals, counselors and social workers integrating faith into care, and families seeking to better understand mental health challenges affecting loved ones. Its balanced and accessible approach makes it a meaningful resource for both personal healing and ministry support.

Pamela Bridgeman is a Christian author and mental health professional dedicated to helping individuals experience emotional restoration through compassionate care, clinical wisdom, and biblical truth. Her work focuses on bridging the gap between faith and mental health while encouraging honest conversations surrounding emotional well-being within the church and beyond.

The book is now available—secure your copy here: <https://a.co/d/09c5xAeG>

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