

Working in the Dark



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Problems concentrating. Loss of energy. Feelings of worthlessness. Difficulty making decisions. Each year, an estimated 11 million Americans experience a major depressive episode. Keeping a job while struggling to regain one's health is one of the most difficult and delicate aspects of recovery from depression. Authors Fawn Fitter and Beth Gulas provide a reassuring, informative guide to dealing with depression on the job. They address questions such as: Should I ask my boss for time off? Should I tell my colleagues about my depression? Are my treatment records confidential? With self-assessment tools and decision-making guidance, this book is a first-of-its-kind resource for millions of Americans faced with the hardship of working through depression. Key features and benefits

- Identifies and addresses key concerns related to depression in the workplace
- Provides immediately useful information and advice for readers
- Inspired by one of the author's personal experiences with major depression

作者介绍:

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