

# Depression



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First published in 1983 when it won the MIND Book of the Year Award, this best-selling

book has help thousands of people leave behind the prison of depression. Dorothy Rowe gives depressed people a way of understanding their depression, which matches their experience and enables them to take charge of their life and change it. She shows that depression is not an illness or a mental disorder, but a defense against pain and fear, which we can be used whenever we suffer a disaster and discover that our life is not what we thought it was.

Depression is an unwanted consequence of how we see ourselves and the world. By understanding how we have interpreted events in our life, we can choose to change our interpretations and thus create for ourselves a happier, more fulfilling life.

Depression: The Way Out of Your Prison is for depressed people, and for all professionals and non-professionals who work with depressed people.

作者介绍:

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