

Undoing Depression

"An uncommonly thorough and useful guide."

—*Publishers Weekly*

"Distinguished by its common sense...I read it with great admiration." —William Styron

Undoing DEPRESSION

What Therapy Doesn't Teach You
and Medication Can't Give You

Richard O'Connor, Ph.D.

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Depression affects an astounding 20 percent of the American population. And the major reason people with depression stay depressed -- despite therapy, medication, and support from loved ones -- is that they are simply incapable of imagining an alternative. They know how to do depression; they are experts at it. This book, by a psychotherapist who has experienced depression firsthand, teaches people how to unlearn the "skills of depression" and replace them with healthier, more adaptive ways of being. He begins by reviewing five major areas in which depression affects functioning -- emotions, behavior, thinking, relationships, and the self. Then, with clear, step-by-step explanations and exercises, O'Connor shows people how to integrate new ways of thinking, feeling, and doing into their lives -- and enjoy a vital, rich new existence.

作者介绍:

目录:

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