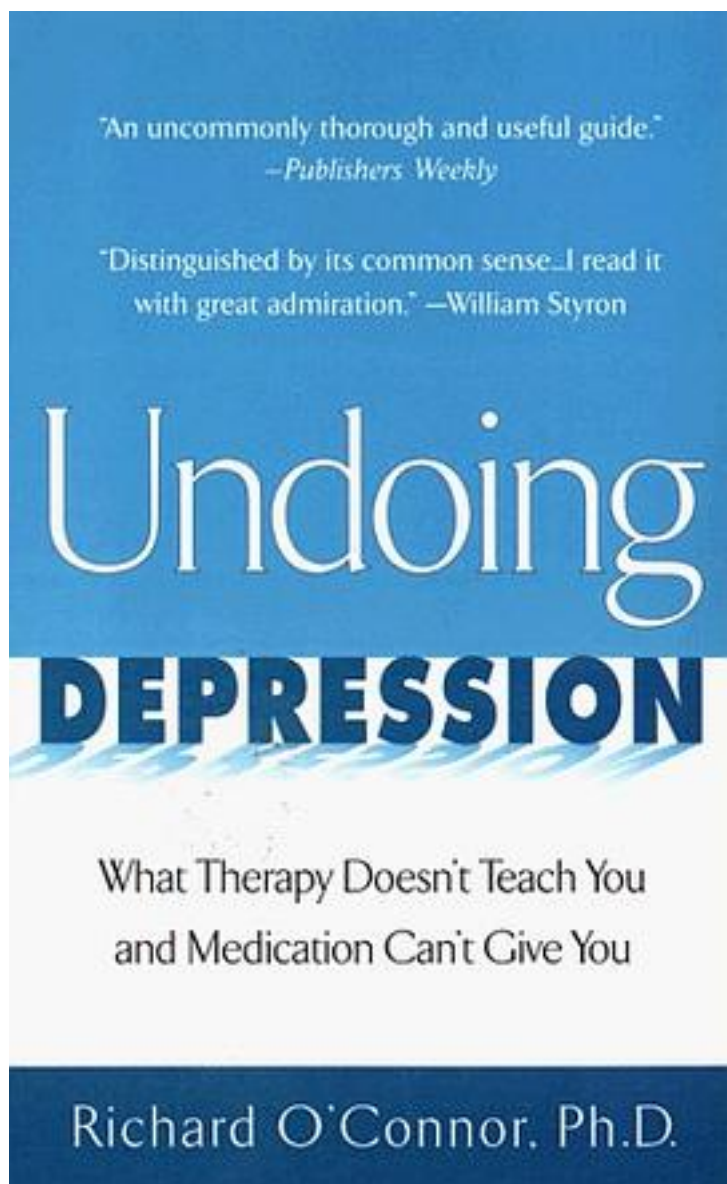


Undoing Depression



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著者:Richard O'Connor

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Like heart disease, says psychotherapist Richard O'Connor, depression is fueled by complex and interrelated factors: genetic, biochemical, environmental. In this refreshingly sensible book, O'Connor focuses on an additional factor often overlooked: our own habits. Unwittingly we get good at depression. We learn how to hide it, how to work around it. We may even achieve great things, but with constant struggle rather than satisfaction. Relying on these methods to make it through each day, we deprive ourselves of true recovery, of deep joy and healthy emotion.

UNDOING DEPRESSION teaches us how to replace depressive patterns with a new and more effective set of skills. We already know how to "do" depression-and we can learn how to undo it. With a truly holistic approach that synthesizes the best of the many schools of thought about this painful disease, O'Connor offers new hope-and new life-for sufferers of depression.

作者介绍:

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标签

心理学

抑郁症

Self-help

自我管理

Psychology

选题

西方

英文

评论

终于读完啦 小tip真的很不错

心理学真的值得一读…有机会再补一些笔记吧

Self-help..

“The opposite of depression is not happiness, but vitality — the ability to experience a full range of emotions, including happiness, excitement, sadness, and grief.”

主观性太强了。。如果不能接受作者的预设就会觉得有点扯

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书评

这本书并不适合当作心灵鸡汤来读，你肯定会失望。这里面没有令人眼前一亮的观点或立意，相反，大部分建议看上去非常的“陈词滥调”。但如果你也曾在抑郁症中几经沉浮，尝试过自救，那在阅读本书过程中多半会有一种久别重逢的欣慰感。
比如第一原则 “feel your feeling”—— 当...

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