



Depression For Dummies

By Laura L. Smith, Charles H. Elliott

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"What do you have to be depressed about?" Bet you've heard that one before. Or how about, "You're depressed? Just get over it!" Easier said than done, right? Or here's a favorite, "They have a pill for that now, you know."

Unfortunately, such naïve armchair psychology rarely works for someone suffering from the very real plight of depression. All it does is seek to trivialize depression and characterize depressed people as "whiners" who have nothing better to do than to "complain about their lives." But the truth is, depression is a very real problem. In fact, the World Health Organization estimates that, on any given day, 121 million people worldwide suffer from depression. And depression rates continue to increase – for example, kids exhibit depression at nearly ten times the rate of previous generations. Theories abound as to why depression rates are increasing, but regardless of the cause, this scourge continues to rob its victims of happiness, joy, and the capacity to give and receive love.

So why *Depression For Dummies*, when there's already a glut of self-help books on the market peddling so-called cures and remedies for depression? Because this book satisfies the need for a straight-talking, no-nonsense resource on depression. The only agenda of *Depression For Dummies* is to present you with the facts on depression and explain the options for dealing with it. Rest assured, this is no infomercial in a yellow and black cover.

Here's just a sampling of what you'll find in *Depression For Dummies*:

- Demystifying the types of depression
- Discovering what goes on in the body of a depressed person
- Detecting and diagnosing depression
- Seeking help through therapy and medication
- Modifying depressed behavior and solving life's headaches
- Dealing with depression resulting from grief and relationship issues
- Cutting through the hype of alternative treatments for depression
- Moving beyond depression: Avoiding relapses and pursuing a happy life
- Top Ten lists on getting rid of a your bad mood and helping your kids and other family members out of depression

So, whatever your level of depression – whether you suffer from occasional bouts or you find yourself seriously debilitated by depression – *Depression For*

Dummies can give you the insight and tools you need to once again find enjoyment and happiness in life. All it takes is one step.

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Editorial Review

Review

"...friendly, practical and readable..." (Deirdre Saunders, Agony Aunt in *The Sun*, June 10 2005)

"...practical, sensible help and advice..." (*Essentials*, March 2004)

From the Back Cover

"Easy to read & follow – makes recent advances in the treatment

of depression accessible to everyone."

—Steven D. Hollon, PhD, Professor of Psychology, Vanderbilt University

Contains tools, exercises, quizzes, and self-tests to help you defeat depression

Conquer depressive thoughts and bring joy back into your life

You can overcome depression. This friendly, reassuring guide provides strategies to help you make changes, find relief, and take charge of your life (or help someone you love). You'll discover the latest on therapy for relieving your symptoms and preventing relapse, medications, how to find professional help, and ways to regain your confidence and feel good again.

Praise for Depression For Dummies

"Drs. Elliott and Smith include fascinating clinical examples and effective exercises within the most reader-friendly, entertaining format I've seen in a book of this genre."

– Aaron T. Beck, MD, Professor of Psychiatry, University of Pennsylvania

"Elliott & Smith have captured the essence of how to cope with depression. The authors' wisdom combined with humor and warmth will engender hope for those who suffer."

– Dr. Brian F. Shaw, Professor, University of Toronto

About the Author

Laura L. Smith, PhD and Charles H. Elliott, PhD are both international speakers who have clinical practices specializing in the treatment of depression, anxiety, and other mood disorders.

Users Review

From reader reviews:

John Minnis:

Reading can called head hangout, why? Because if you are reading a book specifically book entitled Depression For Dummies your mind will drift away trough every dimension, wandering in every single aspect that maybe unfamiliar for but surely can be your mind friends. Imaging every word written in a guide then become one type conclusion and explanation which maybe you never get just before. The Depression For Dummies giving you one more experience more than blown away your thoughts but also giving you

useful data for your better life on this era. So now let us demonstrate the relaxing pattern here is your body and mind is going to be pleased when you are finished examining it, like winning a. Do you want to try this extraordinary investing spare time activity?

Kristen Hancock:

Is it you who having spare time then spend it whole day through watching television programs or just lying down on the bed? Do you need something new? This Depression For Dummies can be the answer, oh how comes? A book you know. You are consequently out of date, spending your time by reading in this new era is common not a geek activity. So what these ebooks have than the others?

Jared Carter:

In this era which is the greater individual or who has ability in doing something more are more precious than other. Do you want to become one among it? It is just simple strategy to have that. What you should do is just spending your time not much but quite enough to enjoy a look at some books. Among the books in the top record in your reading list is actually Depression For Dummies. This book which can be qualified as The Hungry Mountains can get you closer in becoming precious person. By looking upward and review this guide you can get many advantages.

Marjorie Calhoun:

E-book is one of source of expertise. We can add our know-how from it. Not only for students but also native or citizen have to have book to know the upgrade information of year in order to year. As we know those publications have many advantages. Beside all of us add our knowledge, may also bring us to around the world. By book Depression For Dummies we can consider more advantage. Don't you to definitely be creative people? For being creative person must love to read a book. Just simply choose the best book that suited with your aim. Don't always be doubt to change your life with that book Depression For Dummies. You can more inviting than now.

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