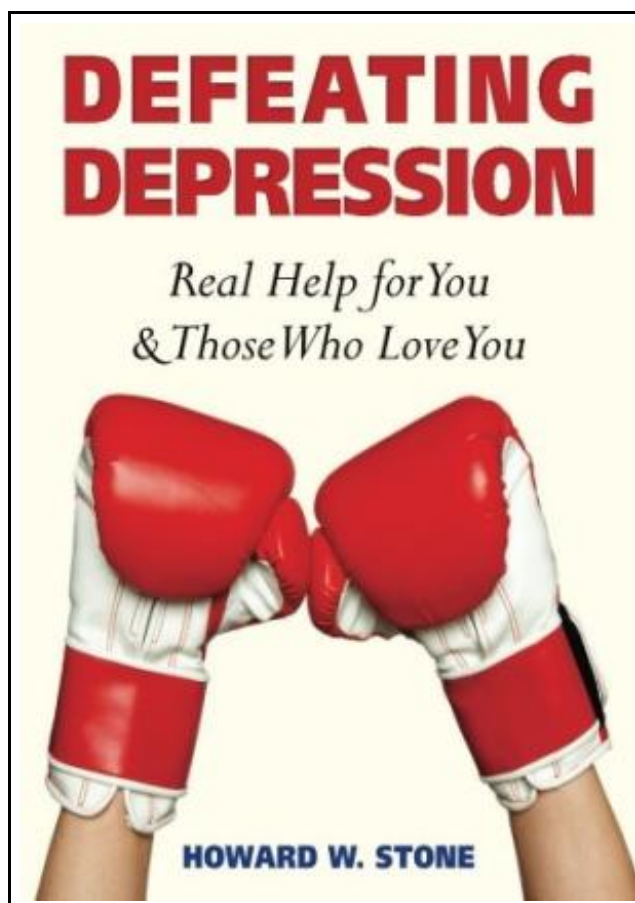


## Defeating Depression: Real Help for You and Those Who Love You (Paperback)



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Createspace, United States, 2014. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book. Blues, stay away from me. The words of this rhythmic tune, performed by Ladysmith Black Mambazo, could be the theme song of one out of ten adults in the United States this year who will feel the misery that saps their energy and drains their spirit. The depression diagnosis increases with each year, and has been doing so for the last fifty years. Are you blue? Do you feel low, unusually tired, sad much of the time, depressed? Do you have a family member or close friend who is depressed? Perhaps you are uncertain. Is it depression, or something else? The book opens asking the question: Are You Depressed? It helps readers to understand what depression is (and isn't) through descriptions, examples of real cases, and a handy self-quiz to determine if they have symptoms of depression. The book provides an overview of the faces of depression: physiological, cognitive, behavioral, and interpersonal. Depression can be hard to figure out and other maladies can masquerade as depression. Defeating Depression helps readers determine what it is they are experiencing. It looks in depth at each of the four characteristics of depression and provides specific knowledge about ways in which our bodies, thinking, behavior, or close interpersonal relationships may affect our mood. Suggestions are given for ways the depressed and their families can defeat depression and live a more hopeful life. Defeating Depression also examines the close similarity between depression and spiritual desolation. Readers will discover that depression is not just a modern, secular condition, but throughout history has affected religious people as well as those who are not religious. One's own personal values also can have a significant impact upon depression. Re-ordering...

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