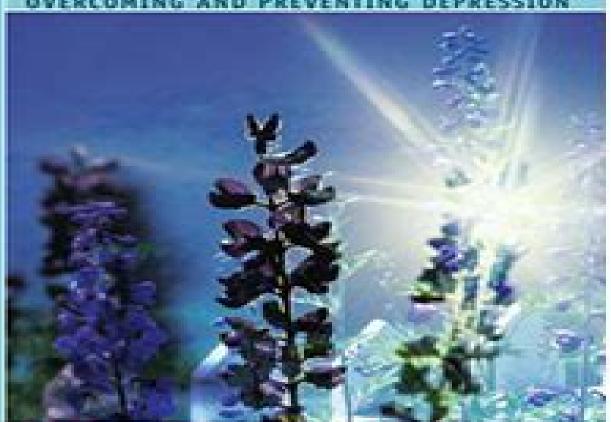
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Getting Up When You're Feeling Down

OVERCOMING AND PREVENTING DEPRESSION



HARRIET B. BRAIKER, PH. D.

Michael Rajnik

Getting Up when You're Feeling Down Harriet B. Braiker, 1988 A clinical psychologist examines the causes of depression in women its effects and symptoms and a three step program for eliminating and preventing emotional slumps Woman's Guide to Overcoming Depression Archibald PhD Hart, Catherine Weber, 2007-11-01 Depression in women is epidemic It's particularly frustrating for believers who are told that Christians shouldn't feel depressed What is a biblical perspective on depression What causes it in women How do you treat it A Woman's Guide to Overcoming Depression is an up to date and comprehensive resource for women experiencing mild to moderate depression. It addresses types of depression proven treatments strategies for wellness and God's plan for wholeness Hart and Weber redeem depression as an opportunity for growth and change helping readers not only to find healing but also to build resilience A practical and inspirational resource this book contains exercises that encourage proactive intentional living A special chapter for loved Breaking the Patterns of ones and friends helps those readers better understand depression and how to be supportive Depression Michael D. Yapko, PhD, 2011-04-27 Twenty to thirty million Americans suffer from some form of diagnosable depression and their ranks are growing Psychologist Michael D Yapko explains that in order to find relief more than the current episode of depression must be examined In Breaking the Patterns of Depression he presents skills that enable readers to understand and ultimately avert depression s recurring cycles Focusing on future prevention as well as initial treatment the book includes over one hundred structured activities to help sufferers learn the skills necessary to become and remain depression free Breaking the Patterns of Depression begins by translating the clinical literature on psychotherapy and antidepressant medication into language that can be used to enhance an understanding of depression and to personalize individual cures Yapko uses a conversational anecdotal tone that encourages readers to take an active approach to helping themselves Special sections entitled Learn by Doing and Shifting Perspectives help develop the skills necessary to manage difficult experiences Readers learn how to solve problems effectively anticipate the likely consequences of their actions think and act in a direct goal oriented fashion balance different areas of their lives and use self knowledge to stay out of harmful situations More realistic and helpful than other depression management books on the market Breaking the Patterns of Depression defines what causes depression and best of all clarifies what can be done about it With this knowledge in hand readers can control their depression rather than having depression control them The Complete Handbook for College <u>Women</u> Carol Weinberg, 1994-07-01 Increasingly college is portrayed as posing as many perils for young women as it does opportunities and challenges The cover of The New York Times Magazine tells us that Crime Turns The Campus into an Armed Campr at the same time that dozens of schools experience painful racial upheavals Date rape eating disorders drugs and alcohol hate crimes the recent firestorm over political correctnessall have combined recently to make college seem a daunting even threatening experience This need not be so says Carol Weinberg and in The Complete Handbook for College

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