Self-Help: Depression

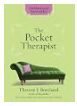
January 1, 2010

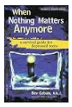
BOOKS:
Overcoming Depression One Step at a Time: The New Behavioral Activation Approach to Getting Your Life Back
The Pocket Therapist: An Emotional Survival Kit
When Nothing Matters Anymore: A Survival Guide for Depressed Teens
Get It Done When You're Depressed
Mind Over Mood: Change How You Feel by Changing the Way You Think
A Guide to Rational Living
The Cognitive Behavioral Workbook for Depression: A Step-by-step Program
Undoing Depression: What Therapy Doesn't Teach You and Medication Can't Give You
Women's Moods, Women's Minds: What Every Woman Must Know About Hormones, the Brain, and Emotional Health
The Mindful Way through Depression: Freeing Yourself from Chronic Unhappiness

Books

Overcoming Depression One Step at a Time: The New Behavioral Activation Approach to Getting Your Life Back
by Michael E. Addis
Learn breakthrough self-activation techniques to:
• Become more engaged with your life
• Enjoy daily activities
• Feel able to face challenges

• Stop avoiding social situations
• Feel strong and competent again
• Conquer the obstacles that keep depression going
• Stop making decisions based on your moods
• Get back on track with your life goals
• Recognize the habits and patterns that fuel your depression
• Achieve medication-free recovery
Behavioral activation therapy offers effective, fast relief from depression. This powerful and progressive therapy steers away from the idea that depression symptoms represent an illness or weakness. Instead, depression is merely a signpost pointing directly at the things that need to change in one's life. Its engaging exercises make it easy for you to focus on activities that will inspire you with feelings of pleasure, mastery, and engagement. Learn to develop a list of enjoyable activities, or activities you need to engage in as a part of a normal and satisfying life. Begin with the easiest (or sometimes, the most indispensable) activities on your the list, and learn how to tackle them one by one. This simple, profound process will connect you with naturally occurring rewards, which are powerful antidotes to feelings of depression. With this foundation, go on to change how you approach your day-to-day life-your daily activities, the choices you make, and the way you cope with life's ups and downs. You'll find this proven-effective approach to coping with depression easy to master.


The Pocket Therapist: An Emotional Survival Kit
by Therese Johnson Borchard
Whenever Therese Borchard was weathering a personal storm, and help was nowhere to be found, her one guiding light was the question, "What would a therapist say?" The result was a sort of therapy scrapbook for rough days--a quick reference for anyone who needs a dose of encouragement, support and tried and true ways to cope.
THE POCKET THERAPIST is a compact and accessible guide filled with techniques and advice to help combat everything from addictive behavior to negative thinking.

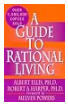
When Nothing Matters Anymore: A Survival Guide for Depressed Teens
by Bev Cobain

"The most positive book on depression one could read ... should be available to all teens." - Voice of Youth Advocates..... When Nothing Matters Anymore a survival guide for depressed teens Everyone feels down or sad at times. These feelings are part of life and usually pass. But what if they hang on, affecting your body, your behavior, your emotions, and your thoughts? You may be more than sad. You may be depressed. If you are, you're not alone. More than 18 million Americans have depression. Millions of them are teens like you. If you think you might be depressed, please read this book. It has already helped countless teens, and it can help you, too. It includes the latest information on medication, nutrition, and health; current resources; and the Top Ten Questions teens have asked the author. Look inside to learn: The causes, symptoms, and types of depression.....How to tell if you might be depressed (take a quiz and find out).... Survival tips - things you can do right now and in the future to help yourself feel better - and ways to stay healthy, strong, and positive....The connections between depression, suicide, and drug and alcohol abuse ....How different kinds of treatment can help.....Ways real-life teens have dealt with depression.....Where to turn for more answers (books, organizations, Web sites).....Words you can use when it's hard to open up, share your problems, and ask for help Mostly, you'll learn you don't have to feel sad, hopeless, or alone anymore. Bev Cobain, R.N.,C., has worked on hospital-based mental health units, helping treat teens and adults who have depression and depressive disorder. An expert on youth depression and suicide, she is a nationallyrecognized speaker and workshop facilitator.....Bev Cobain is a Registered Nurse with National Accreditation in the psychiatric/mental health field. She practiced in several fields of nursing before she discovered her passion lay in the areas of drug/alcohol rehabilitation and mental health, where, on hospital-based units, she helped treat teens and adults. She is a nationally recognized speaker and workshop facilitator on issues of depression awareness, suicide prevention/intervention, and family healing following the death of a loved one to suicide. In 1999, Bev was honored with the "Green Ribbon," awarded by the National Mental Health Association in recognition of her efforts to help youth cope with depression.

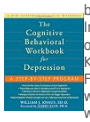
Get It Done When You're Depressed
by Julie A. Fast

Shake the blues away.
Everyone knows that depression can lead to guilt, sadness, frustration, and in the case of 15-20% of people with depression, suicide. Because we live in a culture that rewards (and often worships) productivity, when a depressed person can't meet the expectations of society, the depression becomes worse and a vicious cycle begins. The goal of Getting Things Done When You're Depressed is to break this cycle. Readers will learn:
• How to prepare yourself mentally for working while depressed
• How to structure your environment so you can work more easily
• How to work with others
• How to prevent depression

Mind Over Mood: Change How You Feel by Changing the Way You Think
by Dennis Greenberger

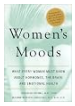
Developed by two master clinicians with extensive experience in cognitive therapy treatment and training, this popular workbook shows readers how to improve their lives using cognitive therapy. The book is designed to be used alone or in conjunction with professional treatment. Step-by-step worksheets teach specific skills that have helped hundreds of thousands people conquer depression, panic attacks, anxiety, anger, guilt, shame, low self-esteem, eating disorders, substance abuse and relationship problems. Readers learn to use mood questionnaires to identify, rate, and track changes in feelings; change the thoughts that contribute to problems; follow step-by-step strategies to improve moods; and take action to improve daily living and relationships. The book's large-size format facilitates reading and writing ease.

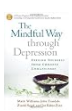
A Guide to Rational Living
by Robert Allan Harper

If you have the rigorous honesty necessary to conduct self-analysis, this book can be the most important one you have read. For although it makes no promises, it can help you more than all the other self-help books put together. Rational Emotive Behavioral Therapy can teach any intelligent person how to stop feeling miserable about practically anything. Direct, get-to-the-heart-of-the-problem methods teach you what you often do to needlessly upset yourself and what you can do, instead, to make yourself emotionally stronger. These practical, proven methods of changing your self-defeating emotions and behaviors reflect the authors' vast experience as therapists and as teachers of therapists from all over the world, and have been backed by literally hundreds of research studies. A Guide to Rational Living provides much sought-after answers for individuals with problems, and it can help everyone to feel better about themselves and to deal with their lives more effectively.

The Cognitive Behavioral Workbook for Depression: A Step-by-step Program
by William J. Knaus

In the 1950s, Albert Ellis pioneered a form of psychotherapy that combined ways of detecting and changing irrational thoughts with techniques for replacing negative behaviors with positive ones. This type of cognitive behavioral therapy, called rational emotive behavior therapy (REBT) by Ellis, proved especially effective at relieving problems like anger, anxiety, and depression. In this book author William Knaus, a close associate of Ellis, develops the best REBT techniques into a powerful and comprehensive self-help workbook for the treatment of depression.
Following in New Harbinger's tradition, this workbook is written in an easy-to-use, step-by-step format. It offers you powerful strategies for overcoming depression in simple, direct language, amply illustrated with stories and reinforced by techniques you can practice right away. Along with other New Harbinger titles like The Anxiety and Phobia Workbook and The Anger Control Workbook, this major CBT/REBT workbook for depression is destined to become a trusted resource for people with depression, recommended by therapists and sought out by people like you who are inspired to change their own lives for the better.

Undoing Depression: What Therapy Doesn't Teach You and Medication Can't Give You
by Richard O'Connor

For some people, depression has been a part of their experience for so long that they've begun to believe it's what they are. They become experts at "doing" depression--hiding it, working around it, even achieving great things (but at the price of great struggle, and little satisfaction). In this book, psychotherapist Richard O'Conner shows us how to "undo" depression, by replacing depressive patterns of thinking, relating, and behaving with a new and more effective set of skills. With a truly holistic approach that synthesizes the best of the many schools of thought about this painful disease, O'Conner offers new hope--and new life--for depressives.

Women's Moods, Women's Minds: What Every Woman Must Know About Hormones, the Brain, and Emotional Health
by Deborah Sichel and Jeanne W. Driscoll

Depression and anxiety are rampant in America. Twice as many women as men are afflicted. They suffer in silence, are misdiagnosed, or aren't even aware of their risk. Here is a bold new explanation for why women's unique brain chemistry makes them vulnerable to mood problems-and what they can do about it. Only this book details all the risk factors, including the brain's sensitivity to female hormones, life stresses, reproductive events, and a woman's genetic history. Combining more than forty years of clinical work with their own personal experiences, the authors share a self-care program that helps the brain self-stabilize to alleviate and prevent problems. They also advocate early, customized use of medication before problems become entrenched. This powerful, proven approach is a call to awareness for women who have been trying to "be strong" for too long. Both authors are sought-after speakers, known for their sensitive, no-nonsense presentations, guaranteed to fill the auditorium. They continue their work with women through the Hestia Institute, a collaborative practice they co-founded in Wellesley, Massachusetts.

The Mindful Way through Depression: Freeing Yourself from Chronic Unhappiness
by John D. Teasdale

If you've ever struggled with depression, take heart. Mindfulness, a simple yet powerful way of paying attention to your most difficult emotions and life experiences, can help you break the cycle of chronic unhappiness once and for all. In The Mindful Way through Depression, four uniquely qualified experts explain why our usual attempts to "think" our way out of a bad mood or just "snap out of it" lead us deeper into the downward spiral. Through insightful lessons drawn from both Eastern meditative traditions and cognitive therapy, they demonstrate how to sidestep the mental habits that lead to despair, including rumination and self-blame, so you can face life's challenges with greater resilience. Jon Kabat-Zinn gently and encouragingly narrates the accompanying CD of guided meditations, making this a complete package for anyone seeking to regain a sense of hope and well-being.

© 2026 Smart + Strong All Rights Reserved.
http://beta.docker.sanemag.com/article/selfhelp-depression