



## Depression For Dummies

By Laura L. Smith, Charles H. Elliott

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### Depression For Dummies By Laura L. Smith, Charles H. Elliott

"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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## Depression For Dummies By Laura L. Smith, Charles H. Elliott Bibliography

- Rank: #631645 in eBooks
- Published on: 2011-04-22

- Released on: 2011-04-22
- Format: Kindle eBook

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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:

##### Luis Acosta:

Book is to be different for each grade. Book for children till adult are different content. To be sure that book is very important for all of us. The book Depression For Dummies seemed to be making you to know about other know-how and of course you can take more information. It is rather advantages for you. The e-book Depression For Dummies is not only giving you far more new information but also to get your friend when you feel bored. You can spend your own personal spend time to read your guide. Try to make relationship

while using book Depression For Dummies. You never really feel lose out for everything in case you read some books.

**Brenda Lee:**

Are you kind of occupied person, only have 10 as well as 15 minute in your moment to upgrading your mind proficiency or thinking skill actually analytical thinking? Then you are receiving problem with the book in comparison with can satisfy your limited time to read it because this all time you only find publication that need more time to be study. Depression For Dummies can be your answer since it can be read by an individual who have those short time problems.

**Henry Howell:**

Reading a book to become new life style in this 12 months; every people loves to read a book. When you examine a book you can get a lot of benefit. When you read publications, you can improve your knowledge, because book has a lot of information on it. The information that you will get depend on what sorts of book that you have read. In order to get information about your research, you can read education books, but if you act like you want to entertain yourself look for a fiction books, these us novel, comics, and soon. The Depression For Dummies provide you with a new experience in reading through a book.

**Frank Hudson:**

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