

# Surviving Depression

Mark Gilson, Arthur Freeman, M. Jane Yates, Sharon Morgillo Freeman

Surviving America's Depression Epidemic Bruce E. Levine, 2007 Millions of us have experienced periods of low morale, struggled to find cheer in the day-to-day world, and then found ourselves pacified into believing the smooth-talking spokesperson in yet another medication ad. We've all heard them, there's no denying the fact that these ads have made each of us wonder: Do I suffer from depression? Would I be happier and healthier if I simply consulted my physician and requested (insert drug name here)? The rate of clinical depression in the U.S. has increased more than tenfold in the last fifty years. Is this epidemic properly being addressed by the insurance, pharmaceutical, and governmental powers-that-be or exacerbated by a failing system focused on instant results and high profit margins? Dr. Bruce E. Levine, a highly respected clinical psychologist, argues the latter and provides a compelling alternative approach to treating depression that makes lasting change more likely than with symptom-based treatment through medication. *Surviving America's Depression Epidemic* delves into the roots of depression and links our increasingly consumer-based culture and standard-practice psychiatric treatments to worsening depression, instead of solving it. In an easy-to-understand narrative style, Dr. Levine prescribes antidotes to depression including the keys to building morale and selfhealing. Unlike short-term, drug-based solutions, these antidotes foster a long-term cycle where people rediscover passion and purpose, and find meaning in acting on their societal concerns. A groundbreaking work, atypical of the shelf-loads of "pep-talk" based self help books on the market, *Surviving America's Depression Epidemic* provides the knowledge and counsel of a practicing psychologist in a digestible format that will improve your future. A must read for guidance and pastoral counselors; non-dogmatic psychologists, psychiatrists, and social workers; and those tired of the TV ads shilling for better living through chemistry.

**Beyond Blue** Therese Borchard, 2010-01-06 Therese Borchard may be one of the frankest, funniest people on the planet. That, combined with her keen writing abilities has made her Beliefnet blog, *Beyond Blue*, one of the most trafficked blogs on the site. *BEYOND BLUE*, the book, is part memoir/part self-help. It describes Borchard's experience of living with manic depression as well as providing cutting-edge research and information on dealing with mood disorders. By exposing her vulnerability, she endears herself immediately to the reader and then reduces even the most depressed to laughter as she provides a companion on the journey to recovery and the knowledge that the reader is not alone. Comprised of four sections and twenty-one chapters, *BEYOND BLUE* covers a wide range of topics from codependency to addiction, poor body image to postpartum depression, from alternative medicine to psychopharmacology, managing anxiety to applying lessons from therapy. Because of her laser wit and Erma Bombeck sense of humor, every chapter is entertaining as well as serious.

**A Relentless Hope** Gary E. Nelson, 2007 Description: Depression and related illnesses threaten to wreck the lives of many teens and their families. Suicide driven by these illnesses is one of the top killers of these young people. How do teens become depressed? What does depression feel like? How can we identify it? What helps depressed teens? What hurts them? How do families cope with teen depression? In *A Relentless Hope* Gary Nelson uses his experience as a pastor and pastoral counselor to guide the reader through an exploration of these and many other questions about teen depression. Nelson has worked with many teens over the years offering help to those who find themselves confronted by this potentially devastating attacker. The author also uses the story of his own son's journey through depression to weave together insights into the spiritual, emotional, cognitive, biological, and relational dimensions of teen depression. Through careful analysis, candid self-revelation, practical advice, and even humor, this pastor, counselor, and father reminds us that God's light of healing can shine through the darkness of depression

and offer hope. *A Relentless Hope* is written for teens, parents, teachers, pastors, and any who walk with the afflicted through this valley of the shadow of death. Endorsements: Whether you are a youth struggling with depression, a family member of a depressed teen, or a pastor, counselor or teacher providing support and help in such circumstances, this book is a must read as the most informative and helpful volume available on the subject. --Merle R. Jordan Professor of Pastoral Psychology Emeritus, Boston University School of Theology This story of a family is an incredible gift of honest reflection. So many families deal with the issue of teen depression. . . As the dean of a theological school I am aware of the numbers of youth that my students deal with who are in this book. Depression, self-medication with alcohol and drugs, self doubt and even considerations of suicide as an answer--all are in our communities and probably in even a small church. This book is about an attitude that avoids denial, attempts to keep a sense of humor, and believes in the miracle of life. Thank you, Tom, for allowing your story to be told. --Maxine Clarke Beach, Vice President and Dean, Drew Theological School This is a story of amazing grace! I love the challenge Gary gave the reader throughout the book: Never give up on loving! I was reminded in a very tangible way of the limitless capacity of God who loves us the same way--He never stops! What an incredible mantra for all of us: Never give up on loving. . . . Never! I wonder how different our world would be if we practiced this command? --Rev. Dale Seley, Pastor Downtown Baptist Church, Alexandria, Virginia About the Contributor(s): Gary E. Nelson, DMin, is a United Methodist minister who for thirty years has worked with teens and their families as a local church pastor and as a pastoral counselor. He currently pastors a church in West Virginia.

How You Can Survive When They're Depressed Anne Sheffield, 2009-02-04 Each year more than 17 million Americans suffer from a depressive illness, yet few suffer in solitude. *How You Can Survive When They're Depressed* explores depression from the perspective of those who are closest to the sufferers of this prevalent disorder--spouses, parents, children, and lovers--and gives the successful coping strategies of many people who live with a clinical depressive or manic-depressive and often suffer in silence, believing their own problems have no claim to attention. Depression fallout is the emotional toll on the depressive's family and close friends who are unaware of their own stressful reactions and needs. Sheffield outlines the five stages of depression fallout: confusion, self-doubt, demoralization, anger, and finally, the desire to escape. Many people will find relief in the knowledge that their self-blame, guilt, sadness, and resentment are a natural result of living with a depressed person. Sheffield brings together many real-life examples from the pioneering support group she attends at Beth Israel Medical Center of how people with depression fallout have learned to cope. From setting boundaries to maintaining an outside social life, she gives practical tactics for handling the challenges and emotional stresses on a day-to-day basis.

I Don't Want to Talk About It Terrence Real, 1999-03-11 A bestseller for over 20 years, *I Don't Want to Talk About It* is a groundbreaking and hopeful guide to understanding and destigmatizing male depression, essential not only for men who may be suffering but for the people who love them. Twenty years of experience treating men and their families has convinced psychotherapist Terrence Real that depression is a silent epidemic in men—that men hide their condition from family, friends, and themselves to avoid the stigma of depression's “un-manliness.” Problems that we think of as typically male—difficulty with intimacy, workaholism, alcoholism, abusive behavior, and rage—are really attempts to escape depression. And these escape attempts only hurt the people men love and pass their condition on to their children. This groundbreaking book is the “pathway out of darkness” that these men and their families seek. Real reveals how men can unearth their pain, heal themselves, restore relationships, and break the legacy of abuse. He mixes penetrating analysis with compelling tales of his patients and even his own experiences with

depression as the son of a violent, depressed father and the father of two young sons.

**Surviving Depression, 3rd Edition** Kathryn Hermes,2020-03-26 How would it feel to live through periods of emotional fragility and be surrounded by a supportive community, get up most mornings believing your life has meaning, and be confident that Jesus understands and holds your tears as sacred? It might seem an incredible dream, and almost impossible when we consider the feeling of utter emptiness, the collapse of the will to live, the devastating loss of self-worth that fills the heart of the person who lives with the heavy burden of depression or mental illness. Sr Kathryn Hermes knows the dull ache of depression firsthand and in *Surviving Depression* offers a practical method to progressively greater health and wholeness. *Surviving Depression* shows you how to take the first steps to healing and how to build into your life practices that will help you embark on a spiritual journey through the darkness. You will learn how to reconnect with your heart, build connections with others, grow in self-esteem, stop spiraling negative thoughts, and live with more inner peace and gratitude. This edition incorporates additional material that reflects new developments in wellness with regard to depression and is more grounded in the interlinking of God's life within us and our concrete psychological makeup. Practical tips for friends and family members of someone suffering with depression appear at the end of each chapter, as well as an entire chapter devoted to companioning a depressed friend. Things can be different. *Surviving Depression* will guide you from the winter of first diagnosis to the spring of new life.

**Surviving Manic Depression** E Fuller Torrey,Michael B Knable,2009-03-05 *Surviving Manic Depression* is the most authoritative book on this disorder, which affects more than two million people in the U.S. alone. Based on the latest research, it provides detailed coverage of every aspect of manic depression—from understanding its causes and treatments to choosing doctors and managing relapses—with guidance drawn from the latest scientific information. Drs. Torrey and Knable provide thorough, up-to-date coverage of all aspects of the disease, including a detailed description of symptoms (with many direct descriptions from patients themselves), risk factors, onset and cause, medications (including drugs still in the testing stage), psychotherapy, and rehabilitation, as well as information about how the disease affects children and adolescents. Here too are discussions of special problems related to manic depression, including alcohol and drug abuse, violent behavior, medication noncompliance, suicide, sex, AIDS, and confidentiality. *Surviving Manic Depression* also includes special features such as a listing of selected websites, books, videotapes, and other resources.

Overcoming Depression 3rd Edition Paul Gilbert,2009-05-01 *Overcoming* app now available via iTunes and the Google Play Store. A Book on Prescription Title Break free from the hell of depression If you suffer from depression you are far from alone. Depression is very common, affecting over 300 million people around the world. Written by Professor Paul Gilbert, internationally recognised for his work on depression, this highly acclaimed self-help book has been of benefit to thousands of people including sufferers, their friends and families, and those working in the medical profession. This fully revised third edition has been extensively updated and rewritten to reflect over ten years of new research on understanding and treating depression, particularly the importance of developing compassionate ways of thinking, behaving and feeling. It contains helpful case studies and new, easy-to-follow, step-by-step suggestions and exercises to help you understand your depression and lift your mood.

Undoing Depression Richard O'Connor,2021-09-28 The bestselling approachable guide that has inspired thousands of readers to manage or overcome depression — fully revised and updated for life in the 21st century. Depression rates around the world have skyrocketed in the 20-plus years since Richard O'Connor first published his classic book on living with and overcoming depression. Nearly 40 million American

adults suffer from the condition, which affects nearly every aspect of life, from relationships, to job performance, physical health, productivity, and, of course, overall happiness. And in an increasingly stressful and overwhelming world, it's more important than ever to understand the causes and effects of depression, and what we can do to overcome it. In this fully revised and updated edition — which includes updated information on the power of mindfulness, the relationship between depression and other diseases, the risks and side effects of medication, depression's effect on thinking, and the benefits of exercise — Dr. O'Connor explains that, like heart disease and other physical conditions, depression is fueled by complex and interrelated factors: genetic, biochemical, environmental. But Dr. O'Connor focuses on an additional factor that is often overlooked: our own habits. Unwittingly we get good at depression. We learn how to hide it, and how to work around it. We may even achieve great things, but with constant struggle rather than satisfaction. Relying on these methods to make it through each day, we deprive ourselves of true recovery, of deep joy and healthy emotion. *Undoing Depression* teaches us how to replace depressive patterns with a new and more effective set of skills. We already know how to do depression—and we can learn how to undo it. With a truly holistic approach that synthesizes the best of the many schools of thought about this painful disease, and a critical eye toward medications, O'Connor offers new hope—and new life—for sufferers of depression.

*Depression Is Contagious* Michael Yapko, 2009-09-22 Depression is the world's most common mood disorder, and it is spreading like a viral contagion. You can't catch depression in the same way you catch a cold, but the latest research provides overwhelming support that moods spread through social conditions, defining depression as more a social problem than a medical illness. Our social lives directly shape our brain chemistry and powerfully affect the way we think and feel—and our brains can change for the better with healthy social circumstances as much as they can change with medication. Drugs may address some of depression's symptoms, but Dr. Yapko convincingly argues that we need to treat depression at its root, by building social skills and improving relationships, in order to halt the spread of this debilitating disorder. Filled with practical exercises and illustrative examples, his groundbreaking plan guides readers to identify key social patterns that reinforce depression so they can learn the skills to overcome depression and even prevent new episodes from occurring. Provocative and controversial as well as prescriptive and hopeful, *Depression Is Contagious* investigates the social phenomenon of depression's epidemic-like spread while offering a more realistic road to recovery.

**THE PSYCH WARD NOTES** Peter Schorr, Tbd, 2021-08-22 What happens when your first memories of life and conscious awareness centered around death and mental illness? You end up with a mental illness or illnesses. This book is an autobiography/documentary about Peter Vox, a retired school teacher and professional musician from Long Island, NY who has spent his life battling anxiety, depression and existential sadness. This book chronicles Peter's childhood, the origins of his mental illnesses, history with medications, decades spent in therapy, marriage, careers, journals written from psychiatric hospitals and theories on how to handle your own mental illness. Furthermore, it's also a book about learning from past mistakes, accepting your flaws, focusing on your positive attributes, accepting help from others and realizing that there are opportunities to start over in life if you are open minded and willing to make small changes. Along with chronicles of Peter's struggles are highly amusing anecdotes about Peter's life that show the happy go lucky person that lives somewhere in all of us.

**Suffering in Silence: The Journey to Surviving Pulpit Depression** Dr. Larry Walthour, 2018-05-22 "Suffering in Silence: The Journey to Surviving Pulpit Depression" is the story behind Dr. Walthour's personal 5-year struggle with depression and the journey he took to overcome it. Through personal insight,

instruction, and inspiration, Dr. Walthour takes a Biblical approach to providing a message of hope, healing, and wholeness to those who are experiencing the suffocating darkness of depression. This literary work speaks to all readers, regardless of their personal views or religious convictions. Dr. Walthour uses his personal struggles with depression to offer a way to renewal and recovery. In this journey, he emphasizes the keys for not only surviving depression but thriving beyond it. "Suffering in Silence" is a roadmap to survival on the road to recovery. Dr. Walthour uses his adversity to strategically provide the reader a voice of advocacy. The message of this work is clear, "In life, God meets us wherever we are and the Light of His Love transcends all darkness." For those bound by the spirit of depression, "Suffering in Silence" is the first step towards a journey to freedom. Dr. Larry T. Walthour serves as the Senior Pastor/Teacher of the Shiloh Baptist Church in York, Pennsylvania. He is a native of San Diego, California and grew up in Jacksonville, Florida. He holds Doctoral Degrees in Ministry and Divinity and will complete PhD studies in Clinical Pastoral Counseling from Colorado Theological Seminary.

**Overcoming Depression, 3rd edition** Demitri Papolos, 1997-01-10 More than 20 million Americans will suffer an episode of depression or mania during their lifetimes, and one in five American families will feel its impact directly. For these families, *Overcoming Depression* is the essential resource. Since its first publication in 1987, it has become the book most often recommended by doctors to their depressed patients because it clearly and sympathetically presents state-of-the-art medical information and the solid, practical advice that patients and their families need to participate actively in diagnosis and treatment. Now featuring all-new data on the latest drugs, research, treatment, and medical insurance, it also includes a frank discussion of psychiatric therapy in the era of managed care.

**Defeating Depression** Leslie Vernick, 2009-01-01 Leslie Vernick is a wise counselor... She is an experienced and thorough trainer who shares clearly and practically the necessary steps for getting into shape spiritually, emotionally, and physically in order to contend with depression. This is a wonderful, comprehensive guide... --Cynthia Heald, international speaker and author One in five women will experience clinical depression in her lifetime. Christian counselor and author Leslie Vernick offers words of hope and encouragement as she helps women understand the symptoms of depression, what causes depression, and what steps they can take to get better and grow stronger. Employing godly wisdom and surprising insights, Leslie shares on vital topics, such as these: Depression is revealing something about you. Listen to it. Growth takes time and practice. Things are not hopeless; you are not helpless; and you are not worthless. *Defeating Depression* is a timely resource for women battling depression or for family and friends who love them and want to understand what they are going through. Formerly titled *Getting Over the Blues*

**Overcoming Depression** Mark Gilson, Arthur Freeman, M. Jane Yates, Sharon Morgillo Freeman, 2009-04-27 This workbook is designed to help you as you work together with a qualified mental health professional to overcome your depression. The program described will help you develop a set of coping strategies and skills so that you can proactively deal with depression and prevent it from compromising your quality of life. Based on the idea that depression is a beast to be tamed, the treatment utilizes an acronym to help you understand the goals of treatment. You will work with your therapist to understand the biology of depression, as well as how your emotions, your activity level, the situations you find yourself in, and the thoughts you have all contribute to your depression (the BEAST). This treatment is scientifically proven and can be used in conjunction with medication. Filled with worksheets and forms for completing in-session exercises, as well as at-home assignments, this workbook provides all the tools you need to successfully overcome your depression and prevent future relapse. *TreatmentsThatWork™*

represents the gold standard of behavioral healthcare interventions! · All programs have been rigorously tested in clinical trials and are backed by years of research · A prestigious scientific advisory board, led by series Editor-In-Chief David H. Barlow, reviews and evaluates each intervention to ensure that it meets the highest standard of evidence so you can be confident that you are using the most effective treatment available to date · Our books are reliable and effective and make it easy for you to provide your clients with the best care available · Our corresponding workbooks contain psychoeducational information, forms and worksheets, and homework assignments to keep clients engaged and motivated · A companion website ([www.oup.com/us/ttw](http://www.oup.com/us/ttw)) offers downloadable clinical tools and helpful resources · Continuing Education (CE) Credits are now available on select titles in collaboration with PsychoEducational Resources, Inc. (PER)

**Surviving the Great Depression** Joaquin Bowman,T. J. Hickey,2014-08-05 The Great Depression, characterized by bread lines, general unemployment, bank and business failures, hit swiftly and unexpectedly. It challenged the inner and outer resources of the millions of bewildered people, coping with their responsibilities. And the Depression persisted, starting with the stock market crash in October, 1929, through various phases until the U.S. entered into World War II in December, 1941 and unemployment dropped below ten per cent. Prior to the financial collapse in 2008 most Americans had no idea what it was like to do without. Since WW II the economy has been, for the most part, on the upswing. As mortgages collapsed, however, and unemployment soared, Americans got a taste, just a taste, of the fear and hopelessness that gripped the nation during the Great Depression. This story is a record of how two people, Bill and Annie Hickey, with their three children, grew into and weathered through the long, hard period of that "Great Depression."

**Surviving Depression** Patricia A. Carlisle,2016-12-04 This book contains proven steps and strategies on how to lead a enjoyable and fulfilling life, helping you to become more aware of yourself and others around you. Have you ever felt really stuck? Like every day was a struggle to get through and you knew in your heart the next day would feel the same? After years of hard work and little to show for it, every day starts to feel like hard work. Facing daily discouragement and defeat weighs heavily on you. Have you lost your self-confidence and doubted everything you were doing? Are you frozen by the fear of failure? The irony of life can develop into many of our problems and become stumbling blocks that hold us back- They are often there because we get stuck in our own way of doing things. We can create a prison of continued, daily suffering for ourselves. And all we can do is agonize because we desperately want out. Each day you wake up in a fog hoping the cloud will lift. We simply can't see clearly enough to evaluate our problems and realize that each problem links back to an action or thought that created it. If only we could see this, we could untangle the threads and clear up our lives. Knowing the cause can make the problem much easier to fix if we can just get our minds in the right place. As you get older, it is all too easy to get in a rut-with fixed viewpoints, stuck emotions, ways that others can see clearly but you just think are 'right'. A life full of safe solutions, but if you start to shut out new experiences, or if you take less interest in new things, your capacity for enjoying life can diminish. You stay in your comfort zone, and as you get older, your comfort zone gets smaller and smaller. This is harmful because you stop doing things that give you pleasure. You need to stop worrying and start living, not just to be happy but for health reasons as well. Feeling good is not just a luxury; it is a vital necessity for good health and a long life. Being lonely is a normal part of our everyday lives. For example, we get sad when we fail in our exams, when we're rejected by the person we love, or when someone very close to us passes away. Depression, however, has consequences that could ruin your self-esteem, health, and well-being. Depression is a seriously hard thing to overcome. Many people get it only once in their lifetime. Other people get short periods of depression

again and again, which makes life harder to live. However, there are certain steps you can take to overcome depression and alleviate the pain and suffering that stems from it. I hope this book will inspire you to live the kind of life you really want to live and you can overcome depression once and for all and live like a free bird without a cage.

3,000 Pulses Later Martha Rhodes,2015-01-01  
Prayers for Surviving Depression Kathryn James,2019-03-25 When depression strikes, prayer can seem impossible, a distant light in the dark land of loneliness. Words fail, and even the desire for God fades into night. This unique prayer book offers prayers from those who have suffered through depression's dark days and night, and yet continue to search for light and strength in their faith. Together with favorite prayers from the Catholic tradition, they offer comfort and hope that God is close to the brokenhearted. A perfect companion to *Surviving Depression: A Catholic Approach Includes: Blessings and Affirmations, Guided Scriptural Meditations, Prayers of Saints who Offer Hope, Praying Through Depression, The Stations of the Cross, The Seven Sorrows of Mary, the Luminous Mysteries of the Rosary, Praying When You Can't Pray, Prayers for Family Members and Friends.*

**When Going Through Hell... Don't Stop!** Douglas Bloch,1999-12 When Going Through Hell...Don't Stop! A Survivor's Guide to Overcoming Anxiety and Clinical Depression--which describes the dramatic story of author and counselor Douglas Bloch's battle with, and ultimate recovery from, a life-threatening depressive illness. Although the managed care mental health system failed to provide him with adequate treatment, Mr. Bloch devised a daily survival plan for living in hell which he adopted until the power of spirit, acting through a group of committed, loving people, brought about his recovery. In addition to his compelling story, Mr. Bloch outlines a fourteen point brain maintenance program--a holistic approach to the treatment of anxiety and depression that includes: diet; nutrition; exercise; stress-reduction; medication; vitamin, mineral, and herbal supplements; and the importance of creating strong bonds of social support (social isolation is both a cause of and a consequence of depression).

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