

Surviving Depression

Therese Borchard

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 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.

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.

Riding the Depression Wave Shelly

Miller,2021-09-14 This book tells the story of one woman's journey deep into the darkness of mental illness and then back into the light. Thanks to the help she received from various professional supports, programs, and community resources, she gained both the skills and confidence to adopt and refine a number of healing strategies. With these, she was able to re-examine beliefs and tendencies that likely contributed to her fall into depression and anxiety, discover things she could do to address those issues, and eventually work towards creating a healthier path for herself moving forward. This is a story many of us will recognize: the sudden descent from being a functioning member of society to feeling lost—a captive to mental and emotional reactions seemingly outside of our control. Many of us experience it ourselves at some point in our lives, and if we don't, someone we love almost certainly will. And not all of us find our way back. This author managed to, with lots of help and perseverance, and now she wants to help you to find your way back too, one small step at a time.

Surviving Depression Robert L. Hamlett,2008 For thirty-nine years, Robert L. Hamlett's life was controlled by severe depression. *Surviving Depression: My Agonizing Struggle with Sanity* is his inspiring and yes, terrifying, account of his battle with disease—including panic attacks, crying, withdrawal from society, hopelessness, and despair.

Depression's Hidden Purpose Hanan Parvez,2017-08-07 Are you struggling with depression? Exercising, positive thinking, or

medications not working for you? The key to overcoming depression is understanding why it happens which is what Depression's Hidden Purpose looks into. Discover why advice generally dished out to depressed people doesn't work and what alternative courses of action can yield better results. Mark, Shane, and Anna are depressed. They post their grievances on a popular online counseling forum and get all kinds of cliché advice ranging from exercise more to spend more time with family and friends. Find out what worked and didn't work for them. Highlights of the book:

- What depression looks like
- Understanding depression as an emotion
- Purpose of depression
- Traps depressed people fall in
- Step-by-step guide to overcoming depression

Surviving Depression Kathryn Hermes, 2020
Illustrates how aspects of one's Catholic faith can contribute powerfully to emotional healing. Includes real life examples. In comparison with the two previous editions, features more practical tools to deal with depression as well as additional spiritual components--

Overcoming Depression, 3rd edition Demetri 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.

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 Paul Gilbert, 2009-05-01 Overcoming app now available via iTunes and the Google Play Store. A Books 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.

Back from the Brink Graeme Cowan, 2014-01-02 On July 24th, 2004, author Graeme Cowan took pen to paper and said goodbye to his family. "I just can't be a burden any longer," he wrote. After four failed suicide attempts, and a five-year episode of depression that his psychiatrist described as the worst he had ever treated, Cowan

set out on a difficult journey back from the brink. Since then, he has dedicated his life to helping others struggling with depression and bipolar disorder—and that is how this book came to be. If you have severe depression or bipolar disorder, it is important to remember that you are not alone. Featuring interviews with people from of all walks of life, *Back from the Brink* is filled with real stories of hope and healing, information about treatment options and medication, and tools for putting what you've learned into practice. If you are ready to put one foot in front of the other and finally set out on the path to recovery, the powerful stories in this book will inform and inspire you to make lasting change. If you have severe depression or bipolar disorder, you may find it difficult to take that first step toward recovery. You aren't alone. In our society, many people with depression or bipolar disorder do not seek therapy or medical treatment due to the stigma that surrounds mental illness. Even people in "progressive" communities may not want to admit that they are on antidepressants or mood-balancing medications. Isn't it time we changed the way we thought about these illnesses? The book includes a special foreword by actress Glenn Close, and features in-depth interviews with former US Representative Patrick Kennedy; television talk-show host Trisha Goddard; director of public policy at Google, Bob Boorstin; former chief advisor to Tony Blair, Alastair Campbell; former tennis pro, Cliff Richey; former professional football player, Greg Montgomery; and many more.

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.

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.

Out of Focus...Again Ann Kochenberger, 2008
Depression affects everyone. Do you know someone who is depressed? Do you live with someone suffering from depression? Are you depressed? Would you like to learn strategies to cope with depression? Being depressed is not a factor of personal weakness. One out of ten is afflicted with this illness. The other ninety percent know someone who struggles to cope - a spouse, partner, parent, sibling, child, relative, or friend. Family and friends want to help, but don't know how. Overcoming depression takes work - sometimes just getting through every minute of every hour of the day is all that can be done...but it can be done.

The Complete Guide to Overcoming Depression Paul Gilbert, 2013-01-17
The bestselling self-help guide *Overcoming Depression* has been combined with *Beating Depression: Inspirational stories of hope and recovery* to offer the reader an effective and appealing self-help package. These two titles not only set out practical techniques to overcome depression, but offer inspiration to the reader to confront the challenges they may face on the road

to recovery. Overcoming Depression is based on Cognitive Behavioral Therapy (CBT), an evidence-based therapy recommended by the NHS. It provides:

- Useful information about the disorder
- A step-by-step self-help programme based on CBT

Beating Depression contains real-life stories written by those with first-hand experience of depression, including postnatal depression and bipolar disorder. Each story sheds light on the condition, and offers powerful insights into what helps and, most importantly, inspiration to those trying to beat it.

Beyond Blue Therese Johnson Borchard, 2014-07-02
With laser wit and an infectious sense of humor, Borchard offers candid and refreshing insight into severe mood disorders, from depression to OCD.

As recognized, adventure as skillfully as experience more or less lesson, amusement, as well as covenant can be gotten by just checking out a books **Surviving Depression** next it is not directly done, you could tolerate even more more or less this life, something like the world.

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Surviving Depression :

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