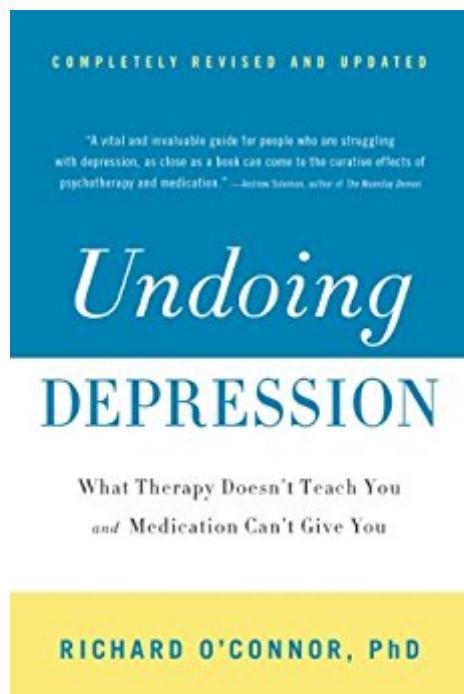


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# Undoing Depression: What Therapy Doesn't Teach You And Medication Can't Give You



## **Synopsis**

Like heart disease, says psychotherapist Richard O'Connor, depression is fueled by complex and interrelated factors: genetic, biochemical, environmental. In this refreshingly sensible book, O'Connor focuses on an additional factor often overlooked: our own habits. Unwittingly we get good at depression. We learn how to hide it, 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, O'Connor offers new hope-and new life-for sufferers of depression.

## **Book Information**

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## **Customer Reviews**

My husband has depression and so we ordered multiple books to read. This was BY FAR the best one. I would recommend this to any mental health professional and family members who have a

loved one with depression, not just the depressed person. It shows depression as a tangible problem that can be dealt with and not a mysterious situation that is caused by random uncle's visit or because men aren't crying enough (which some of the other books we read said were the culprit). If you want the facts and you want help, buy this book.

This book is unique (and I use the word "unique" literally) in that the author has suffered from depression. He knows, all too painfully, what he is talking about. If you are depressed, the author knows exactly what you are going through, how you beat yourself up, and how you struggle to get through the day. Will the book cure you of your depression? Not by itself. But very likely the book will provide some comfort, relief, a bit of hope, and a small number of tools. The book will give you some insight into the bad habits you've got that are sending you into the pit of despair. The book provides some simple tips on what you can do to dig yourself out of the pit you're in. You'll want to keep this book on your shelf, and re-read it every now and then.

And I've read a lot of books :-). O'Connor did a fabulous job of summarizing and integrating various techniques that have been developed over the years such as CBT and MBCT. Those topics have filled complete books in themselves, often in such laborious fashion that it's painful to work through because the content can feel completely overwhelming when one is depressed. O'Connor distills those techniques down to simple, practical, daily exercises that the depressed mind can digest. And it works. O'Connor comes at depression with the experience of someone who has been there and truly understands what one is going through. This created a very personal connection for me in reading this book that made the content absolutely relevant to my own experience. Thanks Richard.

I'm only about 50 pages in, but thus far, this book has been extremely enlightening. I bought it because I want to have a better scientific and overall understanding of my girlfriend's depression, and I would recommend this to anyone who is in a relationship with a depressed individual, or is depressed himself.

The book has a lot going for it, especially about how one's mind set and positive thinking might turn a potentially devastating depressive episode around. I still felt like the book didn't support as much those people with a major depressive disorder that is of chemical origin and often out of the control of the sufferer. Undoing depression is not that easy when you can't even get out of bed in the morning, never mind being able to have positive thoughts. But the methods in the book should be

definitely considered.

Incredibly helpful book that gives people with depression the help they need to understand their disease and the tools to make a recovery that is not just a temporary fix. Great for people who are in relationships with depressives (parents, significant others, ect) for understanding why a depressive may act the way they do.

I would recommend this book for those feeling slightly depressed. I still think that a medical professional should be consulted if the problem is critical.

It is said that we could all use therapy. I believe it. This book will do it for you! It won't only tell you about yourself but it will also give you real insight into the people around you to help improve these pesky relationships. Undoing Depression was recommended to me by a relative who is suffering from severe, suicidal depression. She has been helped beyond belief by the common sense approach that the combination of non-habitforming meds, like Prozac, coupled with psycho therapy, some work towards self-understanding (he gives you the skills) and being open to the fact that Depression is an illness that can be cured, is changing her life. What impressed me the most when I read the book is that depression is not an emotion but a defense against having emotion! So many people have shut down their emotions so they won't be hurt again or feel fear or anything the world deems 'negative' (often another word for truth). But they also shut down the other emotions that go alongside, like joy, love, affection. I never thought of them as depressed but that is exactly what they are. We are here to enjoy life to the full. If we do not, this book will help you to see more clearly. If life is lousy and you have trouble staying afloat, read this book. You might get the good news that you have Depression and it can be cured! It is very inspiring and helpful in the ordinary everyday ups and downs of normal living. What a blessing.

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Undoing Depression: What Therapy Doesn't Teach You and Medication Can't Give You Undoing Depression: What Therapy Doesn't Teach You and What Medication Can't Give You Depression Treatment Naturally & Depression Self Help: 21 Non-Medical Depression Cures To Stay Happy For Life (depression cure, postpartum depression, ... depression self help, depression free) Depression: The Depression Cure: The 11-Step Program to Naturally Beat Depression For Life (depression cure, depression books, depression and anxiety, ... emotional intelligence, mood disorders) Medication Record Chart: Medication Log Epilepsy: Cure - What You Need to Know about Epilepsy:

Therapy, Diagnosis, Treatment, Diet, Signs, Symptoms and Medication (Epilepsy Books - Epilepsy Therapy ... Treatment - Epilepsy in children Book 1) The Depression Workbook: A Guide for Living with Depression and Manic Depression, Second Edition Postpartum Depression: How to Overcome Postpartum Depression and Be a Happy Mom (Postnatal Depression) Teen Depression: A Parent's Guide for Recognizing the Signs of Teenage Depression and Helping Your Child Find Happiness Again ~ ( Help for Depression in Teens ) Postpartum Depression Cure: The Self-Help Guide To Overcome Depression After Childbirth (Post partum anxiety, Post partum weight loss, Post partum depression) Light Therapy: Teach Me Everything I Need To Know About Light Therapy In 30 Minutes (Light Therapy - Season Affective Disorder - SAD - Vitamin D) The Mindfulness and Acceptance Workbook for Depression: Using Acceptance and Commitment Therapy to Move Through Depression and Create a Life Worth Living Speech Therapy for Kids : Techniques and Parents Guide for Speech Therapy (speech therapy, speech therapy materials) Living Well with Depression and Bipolar Disorder: What Your Doctor Doesn't Tell You...That You Need to Know (Living Well (Collins)) Knowing the Score: What Sports Can Teach Us About Philosophy (And What Philosophy Can Teach Us About Sports) If You Give a Mouse a Cookie (If You Give...) If You Give a Cat a Cupcake (If You Give... Books) Give Thank You a Try (Give Please a Chance) Cognitive Behavioral Therapy (CBT): A Complete Guide To Cognitive Behavioral Therapy - A Practical Guide To CBT For Overcoming Anxiety, Depression, Addictions ... Phobias, Alcoholism, Eating disorder) Working With Contracts: What Law School Doesn't Teach You, 2nd Edition (PLI's Corporate and Securities Law Library)

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