



Control Your Depression, Rev'd Ed

Peter Lewinsohn

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Depression is one of the most common of all psychological problems -- nearly all of us experience mild forms of it at sometime during our lifetime. But now, with this easier-to-understand edition of a bestseller that's helped thousands regain their zest for life, you too can learn to feel better without necessarily seeking professional help.

Control Your Depression first gives you a clear understanding of the nature of depression -- what it is, what it isn't, and how much is really known about this widespread problem. This valuable guide then helps you pinpoint specific areas related to your own depression: Do you have difficulty dealing with others? Do you often feel anxious or tense? Do you have troublesome thoughts? Are you unhappy at work or in personal relationships? Because not everybody experiences depression in quite the same way, you'll develop a personalized therapeutic program unique to your own situation. Through any number of proven techniques, including relaxation, social-skill enhancement, and modification of self-defeating thinking patterns, you will conquer your feelings of helplessness and alleviate the causes of your distress!

Filled with dozens of examples that clearly illustrate difficult yet essential points, *Control Your Depression* helps you gauge your progress, maintain the gains you make, and also determine whether you need further help. No one who has ever been immobilized by depression should be without this book.

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