

getting over the blues a womans guide to fighting depression

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Discover a compassionate woman's guide to effectively fighting depression and getting over the blues. This essential resource offers practical strategies and empowering insights to improve mental well-being and find lasting relief from sadness.

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Getting Over the Blues

One in five women will experience clinical depression in her lifetime. Christian counselor 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 not only to get better but to grow stronger. Employing godly wisdom and surprising insights, Leslie addresses the following: 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. Getting over the Blues is a timely resource for women battling depression and the men and women who love them and want to understand what they are going through.

Defeating Depression

"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

A Woman'S Guide To Overcoming Depression

Despite what you might have been told, the feelings of sadness and hopelessness you may be struggling with are probably not "just a phase" or "something you'll grow out of." As many as 20 percent of people your age have symptoms of serious depression, yet many teens and even many adults don't recognize the signs. Only half of depressed teens get the help they need to overcome these feelings. If you're feeling depressed, this workbook offers things you can do, both on your own and with a counselor, to feel better.

Beyond the Blues

Can't sleep soundly? Don't feel like stepping out of the house? Having suicidal thoughts? You might be depressed and don't know it yet. According to a WHO study, a mindboggling 35.9 percent of India suffers from Major Depressive Episodes (MDE). Yet depression remains a much evaded topic, quietly brushed under the carpet by most of us. In *Beating the Blues*, India's leading clinical psychologist, psychotherapist, and trauma researcher Seema Hingorany provides a comprehensive, step-by-step guide to treating depression, examining what the term really means, its signs, causes, and symptoms. The book will equip you with:

- Easy-to-follow self-help strategies and result-oriented solutions
- Ways of preventing a depression relapse
- Everyday examples, statistics, and interesting case-studies

Workbooks designed for Seema's clients With clients ranging from celebrities and models to teenagers, married couples, and children, Seema decodes depression for you. Informative and user-friendly, with a foreword by Indu Shahani, the Sheriff of Mumbai, *Beating the Blues* is an invaluable guide for those who want to deal with depression but don't know how

Embracing the Hurting Heart

Millions of women are caught up in the emotional tailspin of fatigue, guilt, irritability, low self-esteem and lack of energy commonly called the blues. In this life-changing book, Dr. Braiker offers women the mental and emotional tools needed to banish blue moods and maintain a positive, productive belief in themselves.

Getting Up When You Are Feeling Down

A guide to overcoming dysthymia and chronic mild depression, discussing how to recognize the signs of chronic depression, what the best medications and psychotherapies are, how the right exercise, diet, and stress reducers can help combat depression, and other related topics.

Beating the Blues

Black Women Overcoming Stress and Depression The first book to offer a clear picture of the many ways stress and depression can affect black women. With information on self-help and prevention, and straightforward advice from an expert in the field plus case studies, this important guide offers real help and real hope for black women who want to get beyond the blues.

Getting Up when You're Feeling Down

Have you ever been in a relationship that you know is not good for you? Maybe you stay in it simply because you are comfortable, you are afraid of change, you don't have the motivation or support from others, or you simply don't believe there is something better. Well I am here to tell you that your motivation, support, and encouragement are here and there is something better! There is light at the end of the tunnel, there is a rainbow after the storm, there is summer after winter, and joy after pain. So put down your ice-cream and take off those sweat pants because the best way to get through something is exactly that, through it. We are going to endure this together, laugh together, cry together, attack this together, and conquer this together. We are going to learn what depression is and how to overcome it.

Beating the Blues

Yes. Depression is treatable. It's not the end of your life as you may think. You can beat it. It's a fight that you will win. And you'll get your life back. And your life will be better than ever before. Do you think that you are alone? You are not. One in every eight women will develop depression at some point during her lifetime. Can you imagine? One out of eight! 1 out of 8! Depression is not always in your head. Depression can develop as a result of different neurochemical imbalances. These imbalances disrupt the pathways that regulate your mood. What causes the imbalance is usually a combination of many factors: life stress, environmental issues, toxicity, emotional history, biochemistry and genetics. This is

what we are going to do here. Educate you so you know well who your enemy is. And then attack. Attack using multiple weapons. Weapons that have been scientifically proven to work. Whether you are taking prescription medication against depression or not, it's fine. Medication can be helpful to your biochemistry. I took medication to fight depression myself. I couldn't sleep for weeks. Urgent action was necessary. That's perfectly fine. However, gradually, along with taking medication I realised that I needed to make an effort myself. No pill is a magic pill. A pill can help with the symptoms and give you an initial boost. Then, a woman needs to construct a plan one step at a time and change her mindset to lift herself up. This is not a 1000 pages medical guide on depression. It's a straight-forward book written in simple language that you can finish in a couple of hours so you can instantly start taking action. Instant action. Remember, you will come out stronger after winning this battle. This battle was a blessing for me. It changed me completely as a person. It will change you too. You will become more honest to yourself. Honest decisions, honest friendships, honest life. Better life. Are you ready? Let's do it. Dr. Melissa Keane

What the Blues is All about

Many people believe that the Bible has answers and encouragement for our lives--our questions, struggles, heartaches, and joys. But most people don't know where to find the answers within the pages of Scripture. People need a tether to Scripture and a map for journeying deeper and learning more from the Bible. Organized by topic, God's Wisdom for Women is the perfect starting point for women to easily discover what God has to say about their lives and journeys. Within each topic readers will find truth from God's Word, encouraging quotes from leading writers, practical steps, and suggestions for further reading. More than 50 topics--such as decision-making, friendship, contentment, grief, worry, guilt, and social media--cover a range of experiences, hardships, and joys, allowing women to seek hope and encouragement from Scripture for themselves and others.

Breaking up with Depression

Depression affects women almost twice as often as men, with about one in four women suffering from it at some point in her lifetime. While depression may strike at anytime, studies show that women appear to be particularly vulnerable during their childbearing years. This comprehensive and empathetic book confronts the seldom-talked-about issue of pregnancy-related depression, identifying symptoms, treatments, and cures for this constellation of serious, underdiagnosed, and surprisingly common emotional conditions.

Depression

Dr. Feber, Columbia University assistant clinical professor of psychiatry and an expert on clinical depression, offers a wise, sensitive, and scientifically up-to-date book to help women recognize the symptoms of depression, assess medications, pick the right therapist, manage symptoms, and find support. Personal stories from women are featured.

God's Wisdom for Women

ARE YOU DEPRESSED? Worry not there's hope. There's a solution that will make you pick up your pieces and move on with life again. Imagine stepping out into the sunlight among the people you've lost interest on interacting or communicating with? The feelings of being among your friends, family and associates normal and happy again without pills? If it can work for others, it can also work for you, it's worth the try. The information in this book will make you learn the effects of depression, how to pull out naturally, how to relief your pain by talking to someone who understands, how to love yourself and end your isolation and how eating right, getting enough sleep and exercise can help make you better. To overcome depression without pills buy this book, pick up a your copy today by clicking the buy button at the top.

Out of the Blues

If you have seasonal affective disorder (SAD), take heart. A range of effective treatments and preventive measures can help you feel healthy and productive, even on the darkest days. Yet when depression kicks in, it's tough to mobilize yourself to find and use the information you need to feel better. That's where this skillfully crafted workbook comes in. Leading SAD expert Dr. Norman E. Rosenthal guides you step by step to: *Record your symptoms, such as low moods, fatigue, sleep problems, and food

cravings. *Gain awareness of your seasonal patterns--to anticipate problems before they arise. *Determine which remedies to try, including light therapy, meditation, lifestyle changes, antidepressants, and psychotherapy. *Keep track of what works and how long it takes for symptoms to improve. *Spend your high-energy months equipping yourself for the times when energy is low. By working through the book's simple checklists and fill-in-the-blank forms (you can download and print additional copies as needed), you'll create your own blueprint for greater well-being all year long. Let there be light! See also Dr. Rosenthal's *Winter Blues*, Fourth Edition, which provides a comprehensive overview of SAD and its treatment.

Beating the Blues

Do you feel plagued by negative thoughts about yourself, overwhelmed by loneliness, paralyzed by a fear of failure? If so, you're not alone. Depression affects millions of people worldwide, regardless of race, gender, age, and socioeconomic class. These numbers have been steadily rising, and sadly, most people who feel the unbearable pain, hopelessness, and self-criticism of depression never seek treatment. If not you, then someone you know most likely hides within these statistics, suffering in silence. The good news is that with effective treatment you can overcome depression--and once you do, you will be better equipped to prevent its recurrence. In his new book, *Beat the Blues Before They Beat You*, world-renowned cognitive therapist and best-selling author Robert Leahy shows how you can alleviate the effects of major depressive disorders. By redefining your relationship with depression, you can learn to change your attitude and responses toward these unpleasant, intrusive thoughts. Using mindful awareness practices and thought exercises, the troubling images you experience can be looked at in a new light. In a clear and easy-to-read manner, Leahy outlines the causes, symptoms, and treatments for depression, combining real-life patient stories and simple step-by-step instructions to help you understand your depression so you will know how best to treat it. Learn what triggers your moods. Figure out how to defeat feelings of fatigue, hopelessness, and worthlessness. Design a plan to develop self-confidence. Determine what treatments--both medication and therapy--are available to prevent relapse. *Beat the Blues Before They Beat You* is a collection of the most powerful tools in cognitive therapy to help you curb your thoughts and behaviors, so you can begin to feel good again. You don't have to wait for someone to rescue you. You can rescue yourself.

A Deeper Shade of Blue

This guide to coping with depression discusses the nature of depression and the causes of mood swings. Provides advice on managing various factors that can contribute to depression and gives information about anti-depressants and other therapies used to treat depression. Includes an index.

Depression

In this powerful new self-help program, Wright and Basco show you how to blend the best methods of scientifically tested treatments to win the battle against depression. By following their step-by-step instructions, you will be able to develop a Personal Plan for Recovery that you can use to get well and stay well. The flexible plan lets you learn about and master the Five Keys to Recovery in the sequence that's best for you. Some people may want to work through all five keys; others may find they are able to achieve the level of health they want with just a few. Whether you learn the self-help strategies of cognitive-behavior therapy, rely on prescription antidepressants, try herbal remedies, work on mending relationships, focus on spiritual growth, or use a combination of methods, the Personal Plan for Recovery is a breakthrough tool that allows you to take control of your own treatment. Conversational and filled with guided exercises and strategies that work, *Getting Your Life Back* is an empowering book that maximizes each person's strengths and potential.

Fighting Depression

Dr. Robert Leahy's guide to overcoming depression.

Winter Blues Survival Guide

This is a practical guide for sufferers of depression and those who know someone who is depressed. It identifies the causes of depression and the many forms it may take, explores ways of coping and recovering, and evaluates the help available.

Beating the Blues; Overcoming Depression and Stress

Discusses what depression is and how it can be recognized in family members and friends and examines some of the methods for treatment.

Beat the Blues Before They Beat You

In a thought-provoking volume, the author critiques how the human condition has been monetized into the disease of depression and related "disorders" and offers a powerful new approach that updates the best ideas of modern psychology. Original.

Beat the Blues

Emotional Disorder: The Ultimate Guide on How to Fight Depression, Discover the Steps and Effective Way on How to Cope With Depression and Melancholic Tendencies Have you been feeling down, anxious, or irritable? Have you lost appetite and interest in anything and just want to sleep all day? You may or may not be aware of this already but there is a strong possibility that you are suffering from depression. Sadness and grief are totally normal emotions in a normal situation. But if you feel overwhelming sadness that you feel you may not get over it, and it's starting to affect your personal and professional life, this might be depression already. Depression is the leading cause of disability worldwide and according to Our World Data, there are 322 million people in the world that suffer from depression. But this is highly treatable so people need not suffer. This book will teach you the ways and strategies that will help you fight off depression. You will learn how to cope and discover which method would work well with you. This book will discuss the following topics: Journalling Wellness Checklist Keep Nutrition in Check Adequate Sleep Exercise Even Though It's Difficult Don't Drink Don't Blame Yourself See Someone When you have depression, you hope getting over it is as easy as just willing yourself to snap out of it. But it doesn't work that way. But there are many ways and steps you can take to fight it and you don't always have to feel this way. If you or someone you know suffers from depression and you want to learn more on how you can defeat it, scroll up and click "add to cart" now.

Getting Your Life Back

This book addresses a problem that nearly everyone faces at some time in their lives. If you are not facing it now, you know someone who is. Since it is so common, it is important to know how to deal with it as God intended. Seeking God's wisdom for life's problems means searching for it in scripture.

Beat the Blues Before They Beat You

For people with ASDs, depression is common, and has particular features and causes. This outstanding book provides a comprehensive review of these aspects, and an effective self-help guide for anyone with an autism spectrum disorder (ASD) affected by depression. Written by the leading experts in the field, the book explains and describes depression, the forms it can take, and how it looks and feels for a person on the autism spectrum. The authors draw on the latest thinking and research to suggest strategies for coping with the effects of depression and provide a complete step-by-step CBT self-help programme, designed specifically for individuals with ASDs. The programme helps increase self-awareness, including identifying personal triggers, and provides the tools to combat depression.

Dealing with Depression

Living with Depression features fictional narratives paired with firsthand advice from a medical expert to help preteens and teenagers feel prepared for dealing with depression during adolescence. Topics include causes and risk factors, complications, tests and diagnosis, treatment methods, coping strategies, and giving and getting support. Throughout the book, Ask Yourself This questions encourage discussion. Features include a selected bibliography, further readings, Just the Facts summary of medical facts about depression, Where to Turn summary of key advice that includes contact information for helpful organizations, a glossary, source notes, and an index. Aligned to Common Core Standards and correlated to state standards. Essential Library is an imprint of Abdo Publishing, a division of ABDO.

When Someone You Love is Depressed

It should be a time of joyous anticipation-the happiest time in a woman's life. But for many women, the joys of pregnancy are clouded by feelings of fear, sadness, and confusion. And unlike postpar-

tum depression, which is widely portrayed in the media and embraced by the medical community, depression during pregnancy has been rarely discussed and often misunderstood-until now. In this groundbreaking book-the first to focus exclusively on depression in pregnancy-Dr. Shaila Kulkarni Misri, a leading reproductive psychiatrist, draws on her twenty-five years of clinical practice and research to offer hope, help, and healing-as well as a provocative, myth-shattering examination of a subject that has too long been shrouded in darkness. The numbers are surprising: up to 70 percent of pregnant women experience some degree of depressive symptoms, and of those, 12 percent meet the diagnostic criteria for major depression. Although it is at least as common as postpartum depression, which occurs after a child's birth, pregnancy-related depression is often cloaked in silence, shame, and denial. *Pregnancy Blues* lifts the veil on this heartbreaking-and very treatable- illness, examining the key social and biological factors that can come together during pregnancy to create a climate in which depression and anxiety thrive, as well as offering the many effective treatments that are available. Discover: - How to recognize the signs and symptoms of depression-and know when to seek help - The role of female hormones: why women are more vulnerable to depression than men - How depression can "hide" behind physical complaints, such as back, stomach, or even chest pain - The unspoken connection between infertility and depression - The antidepressant controversy: the facts on specific drugs, their safety-and when medication is the right choice - Breastfeeding and medication-the risks and benefits Plus helpful self-tests and resources, information on alternative treatment options-from therapy to acupuncture-and much more. A work of daring and compassion, *Pregnancy Blues* challenges the underlying traditions and beliefs surrounding pregnancy and motherhood-and explores how those misconceptions have led to the drastic underdiagnosis and undertreatment of depression during pregnancy. A must-read for women and those who love them, *Pregnancy Blues* is at once an extraordinary roadmap to healing and an eye-opening report on a medical issue that no woman can afford to miss.

Rethinking Depression

Counselor and author Leslie Vernick has discovered that many people pray, "Lord, I just want to be happy!" With candor, Leslie reveals that readers don't need new circumstances but a new perspective to discover true happiness. With biblical insight, Leslie guides readers to take simple steps as they... recognize and change habits that, day by day, keep them from experiencing happiness make good choices and learn from mistakes without beating themselves up develop the skills that enable them to let go of negative and painful emotions more quickly transform difficult circumstances so they can live with gratitude, joy, and purpose Application questions help readers work godly thinking, as well as healthy skills and habits, into their lives and hearts. They'll discover that, even if nothing changes in their circumstances, their inner chains can be broken and they can go free...into a new path of real hope and happiness.

Emotional Disorder

You're no idiot, of course. You know that too much cholesterol is bad for your heart, exercise will keep you healthy, and vitamin C is good for a cold. But when it comes to keeping the bounce you used to have in your step, you feel like bifocals and canes are all that are in your future. Don't settle into that rocking chair yet! *The Complete Idiot's Guide to Living Longer & Healthier* is here to teach you how to use natural remedies and holistic treatments so that you can create your own Fountain of Youth. In this *Complete Idiot's Guide*, you get:

Out of the Blues

A first-of-its-kind exploration of black men and depression from an award-winning journalist. The first book to reveal the depths of black men's buried mental and emotional pain, *Standing in the Shadows* weaves the author's story of his twenty-five-year struggle with depression with a cultural analysis of how the illness is perceived in the black community—and why nobody wants to talk about it. In mainstream society depression and mental illness are still somewhat taboo subjects; in the black community they are topics that are almost completely shrouded in secrecy. As a result, millions of black men are suffering in silence or getting treatment only in the most extreme circumstances—in emergency rooms, homeless shelters, and prisons. The neglect of emotional disorders among men in the black community is nothing less than racial suicide. John Head's explosive work, *Standing in the Shadows*, addresses what can be done to help those who need it most. In this groundbreaking book, veteran journalist and award-winning author John Head argues that the problem can be traced back to slavery, when it was believed that blacks were unable to feel inner pain because they had no psyche. This myth has damaged

generations of African American men and their families and has created a society that blames black men for being violent and aggressive without considering that depression might be a root cause. The author also explores the roles of the black church, the black family, and the changing nature of black women in American culture as a way to understand how the black community may have unwittingly helped push the emotional disorders of African American men further underground. As daring and powerful as Nathan McCall's *Makes Me Wanna Holler*, *Standing in the Shadows* challenges both the African American community and the psychiatric community to end the silent suffering of black men by taking responsibility for a problem that's been ignored for far too long. Additionally, *Standing in the Shadows* gives women an understanding of depression that enables them to help black men mend their relationships, their families, and themselves.

Losing the 20th Century Blues

Exploring Depression, and Beating the Blues