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Prescriptions: Therapeutic Poems for the Healing of Depression

By Perri Johnson

Xulon Press. Hardcover. Book Condition: New. Hardcover. 176 pages. Dimensions: 8.5in. x 5.6in. x 0.7in. Prescriptions is a self-help book which combines poems to help heal depression with a discussion of the causes of depression and how to overcome it. It can be read straight through to gain a broad-based understanding of treating depression or readers can select poems with specific therapeutic qualities. It is written for those who are or have been depressed in reaction to repeated disappointments, relationship demise, family discord, loss, spiritual warfare, aloneness, and overwhelming stress. The prescriptions may be used to help others or to prevent the occurrence or reoccurrence of depression. Each poem relates to a common experience of depression and suggests strategies and behaviors to quarantine and reverse various types of depression. Readers can do this by identifying with the subject of the poem or gaining inspiration by following the positive suggestions and internalizing the messages of hope nestled within each poem. Many are excellent daily affirmations. Perri Johnson, Ph. D. , clinical psychologist, maintains a private practice in Hollywood Hills, CA. He renders psychological services to many in the film and entertainment industry, as well as, greater Los Angeles. He serves a primarily...



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