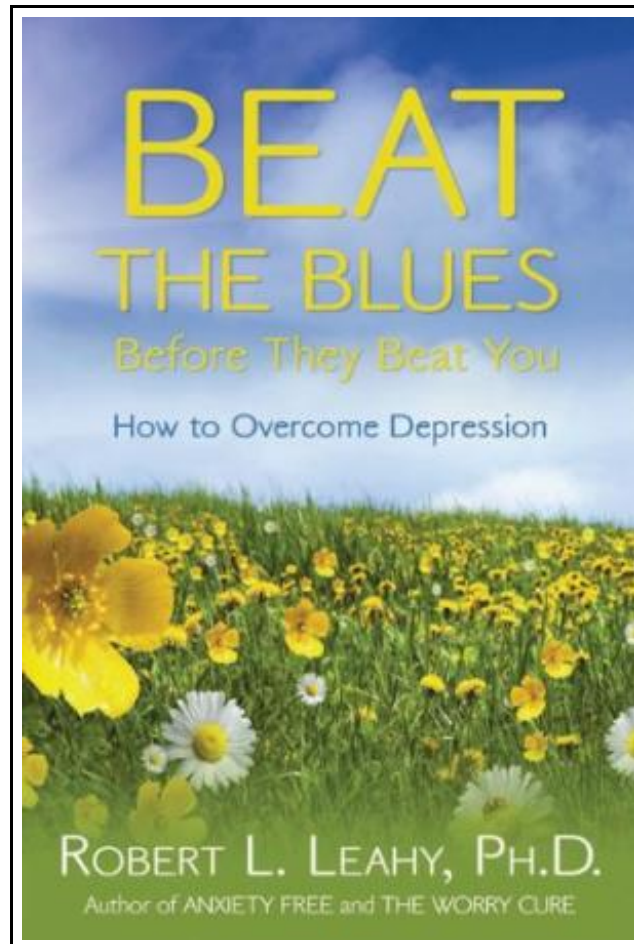


Beat the Blues Before They Beat You: How to Overcome Depression



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(Dr. Porter Mitchell)

BEAT THE BLUES BEFORE THEY BEAT YOU: HOW TO OVERCOME DEPRESSION



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Hay House Inc. Paperback. Book Condition: new. BRAND NEW, Beat the Blues Before They Beat You: How to Overcome Depression, Robert L. Leahy, 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 latest 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. 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. 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.



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