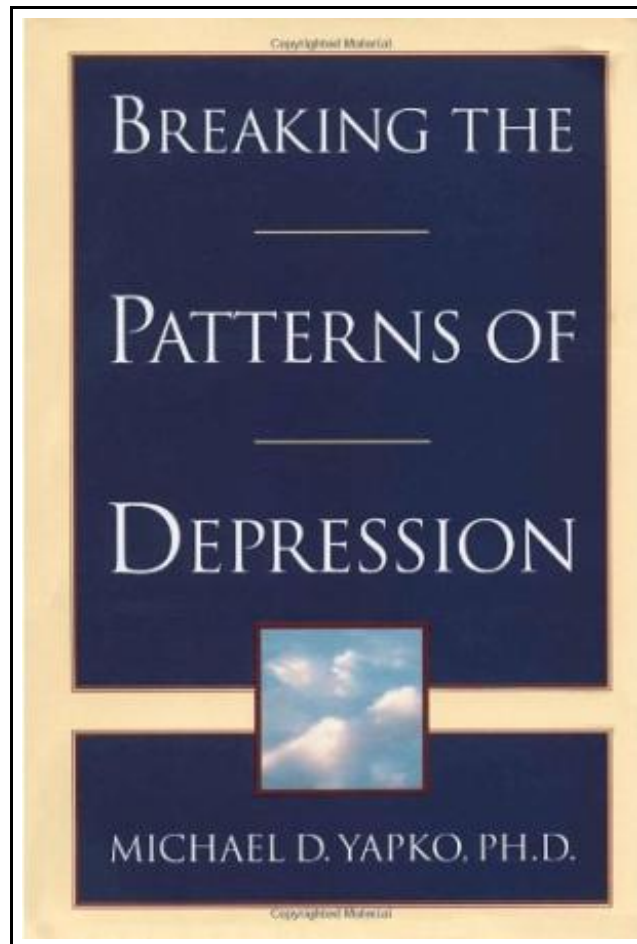


## Breaking the Patterns of Depression



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Bantam Doubleday Dell Publishing Group Inc, United States, 1998. Paperback. Book Condition: New. Main Street Books ed. 206 x 132 mm. Language: English . Brand New Book. You don't have to live with depression. Everyone faces bad times and difficult situations. Why doesn't everyone get depressed? Are there specific skills that you can develop that will protect you from depression and even prevent future episodes? The answer is yes. You can break the patterns of depression with the new perspectives and skills contained here. Dr. Yapko contradicts the widely held belief that depression is a disease best treated with medication or extensive psychotherapy. Successful and reliable treatments for depression have been developed, and they provide a legitimate basis for claiming that the majority of depression sufferers can be helped. In *Breaking the Patterns of Depression*, Dr. Yapko brings both twenty years of experience as a clinician and the most effective treatment methods--previously published only in professional circles--directly to the depression sufferer. Depression is complex. The path to recovery can be created by learning to think realistically about depression and how it affects you and why, and by actively honing the skills to change the thoughts, feelings, and behavior that adversely affect you. This book isn't emotional popcorn. It's a serious guide to becoming and remaining depression-free. Have you ever felt so depressed that you had trouble concentrating on your job, talking with your family, even getting out of bed? Twenty to thirty million Americans suffer from some form of diagnosable depression, and their ranks are growing. Psychologist Michael D. Yapko explains that in order to find relief, more than the current episode of depression must be examined. In *Breaking the Patterns of Depression*, he presents skills that will help you understand and ultimately avert depression's recurring cycles. Focusing on future prevention as well as initial treatment, the book includes over one hundred activities to help you learn the skills necessary...

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