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Nota di contenuto	Contents; Foreword; Introduction; 1. Shades of Blue: What Depression Is and Isn't; 2. Blue Passages: How Society Contributes to Depression for Lesbians and Gays; 3. Blue Genes: Internal Contributions to Depression; 4. Blue Portraits: Queer Stories; 5. Tips for Main Squeezes: How to Cope with a Depressed Partner; 6. Monitoring the Minotaur: Self-Management and Self-Nurturing; 7. Queer Psychotherapy: The Talking Cure; 8. Medications and Other Biological Treatments: Queer Psychiatrists Speak Out; 9. Befriending the Black Dog: Putting It All Together; Resources for Support and Information References About the Authors
Sommario/riassunto	The authors of The Lavender Couch and The Chronic Pain Control Workbook present a guide dealing with depression geared specifically to gays and lesbians.