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Autore	Wright Jesse H
Titolo	Breaking free from depression [[electronic resource]] : pathways to wellness / / Jesse H. Wright and Laura W. McCray
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Descrizione fisica	1 online resource (385 p.)
Collana	The guilford self-help workbook series
Altri autori (Persone)	McCrayLaura W
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Nota di contenuto	Cover; Front Matter; Contents; Preface; Authors' Note; Acknowledgments; 1--Getting Started; 2--Medical Illness and Depression; 3--Paths to Depression: Paths to Wellness; The Thoughts-Action Path; 4--Fighting Negative Thinking; 5--Restoring Energy and Enjoying Life; 6--Building Self-Esteem and Using Strengths; 7--Enhancing Well-Being; The Biology Path; 8--Getting the Most from Antidepressants; The Relationship Path; 9--The People in Your Life; 10--Managing Relationship Problems to Improve Depression; The Lifestyle Path; 11--Lifestyle Changes; The Spiritual Path; 12--Using Spiritual Resources The Mindfulness Path; 13--Mindfulness; 14--Getting Well: Staying Well; Resources; References; Index; About the Authors
Sommario/riassunto	"Leading psychiatrist/researcher Jesse Wright and his daughter Laura McCray, a family physician, have seen thousands of depressed patients in their practices--and have learned that a range of different treatments work. Infused with warmth, optimism, and clinical know-how, this book presents simple yet powerful depression-fighting

strategies that sufferers can try on their own. Drs. Wright and McCray offer a flexible menu of treatment ideas plus clear guidance for creating a personalized antidepressant action plan. Aided by helpful worksheets, quizzes, and stories, readers learn ways to break the cycle of negative thinking, restore energy and a sense of well-being, strengthen relationships, and make informed decisions about medications. Now depression sufferers can chart their own path to recovery, using the best tools science has to offer"--

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