

1. Record Nr.	UNINA9910781578103321
Autore	Wright Jesse H
Titolo	Breaking free from depression [[electronic resource]] : pathways to wellness / / Jesse H. Wright and Laura W. McCray
Pubbl/distr/stampa	New York, : Guilford Press, c2012
ISBN	1-4625-0228-8 1-283-34041-0 9786613340412 1-4625-0271-7
Descrizione fisica	1 online resource (385 p.)
Collana	The guilford self-help workbook series
Classificazione	PSY049000SEL011000MED102000SOC025000
Altri autori (Persone)	McCrayLaura W
Disciplina	616.85/27
Soggetti	Depression, Mental Self-care, Health
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record. WellbeingLU
Nota di bibliografia	Includes bibliographical references and index.
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"--
