

# Coping With Depression: From Catch-22 To Hope - Jon G. Allen

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Coping With Depression is written in plain language for anyone seeking an in-depth understanding of depression, including patients, family members, and professionals. The book thoroughly explains the neurobiology of depression, but puts it in a developmental perspective by showing how the illness often evolves from a pileup of psychological and interpersonal stress over a lifetime. Once becoming ill, depressed persons face a catch-22: all the things they must do to recover are made difficult by the symptoms of depression. And the book reviews several conditions that compound depression, including bipolar disorder, anxiety, substance abuse, personality problems, general medical conditions, and suicidal states. Understanding the seriousness and complexity of the illness prepares depressed persons to take an active role in their recovery by working on their physical health, negative thinking, emotional conflicts, and relationship problems. Coping With Depression explains how cognitive-behavioral, interpersonal, and psychodynamic therapy as well as medication can help the patient work on all these problems. The author affirms that hope must be founded on a realistic and compassionate understanding of the daunting challenges depressed persons face. And he shows how recovery is possible with knowledge, persistence, and help. Author: Allen, Jon G. Publisher: American Psychiatric Publishing Illustration: N Language: ENG Title: Coping With Depression: From Catch-22 to Hope Pages: 00341 (Encrypted EPUB) / 00341 (Encrypted PDF) On Sale: 2007-04-02 SKU-13/ISBN: 9781585622115 Category: Medical : Psychiatry - General

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