



The Depression Workbook: A Guide for Living with Depression and Manic Depression, Second Edition

By Mary Ellen Copeland, Matthew McKay

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From the best-selling author, Mary Ellen Copeland, comes the *Second Edition* of *The Depression Workbook*. Learn to practice the latest research-based self-help strategies to relieve depression and address other mental health issues including how to:

- Take responsibility for your own wellness
- Use charts to track and control your moods
- Find helpful care providers
- Build a system of mutual support
- Increase self-confidence and self-esteem
- Use relaxation, diet, exercise, and light to stabilize your moods
- Avoid conditions that can worsen your symptoms.

A new chapter guides readers through developing your own plan for managing symptoms and staying well. This process, known as the Wellness Recovery Plan (WRAP), was developed by a group of people who experience depression, or manic depression and/or have other mental health concerns and who now report that this plan helped them relieve their symptoms and improve the quality of their lives.

This edition is updated in all areas including new medical and holistic perspectives and extensive lists of helpful resources and Web sites that will assist you in your journey to wellness. By letting you share more than a hundred case stories and empowering you with the most current therapeutic strategies, *The Depression Workbook, Second Edition* will give you insight, energy, and hope.



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Editorial Review

Amazon.com Review

It may be difficult for those suffering from depression to add a little work into their day; simply getting out of bed can seem like plenty of work. But if you are newly diagnosed or experiencing moderate problems with depression or bipolar disorder, *The Depression Workbook* might be a literal lifesaver.

The first section is especially useful to new patients just learning to navigate the signs, treatments, and vocabulary of depression. Clearly written overviews of specific symptoms are coupled with space for you to write in your own thoughts on treatment, prognosis, and your ultimate goals. Checklists and daily planners help to identify both areas of difficulty and positive experiences; later in the book, you'll find charts for tracking medications, diet, and doctor visits.

A full section is devoted to the establishment and maintenance of a support group. Ideas range from open discussions with family members to seeking out volunteer work, and it's this section that may be the trickiest for the depressed to work through. Finding the strength to make new friends may seem impossible at first, but author Mary Ellen Copeland spreads plenty of warmth, encouragement, and personal experience among her directives. --*Jill Lightner*

Review

Endorsement of First Edition: "This book is a lifesaver. This is one of the 'must have' books for anyone newly diagnosed with depression or manic depression. It is invaluable in teaching both sufferer and supporter the symptoms and coping skills. This book was monumental in helping me get through a severe depression that lasted nonstop for half a decade. I recommend this book to all my readers, and to anyone suffering with depression or bipolar disorders."—Bob Olsen, author of the best-selling *Win the Battle: The 3-Step Lifesaving Formula to Conquer Depression and Bipolar Disorder*

"The second edition of this eminently useful guide offers readers proven and active courses of action for getting and staying on the road to wellness. Mary Ellen Copeland is an author who thoroughly understands depression and manic depression, and the book's effective techniques and clear organization illustrate her commitment to facilitating real healing. Once again, Copeland has produced one of the very best books on the subject."

—Lauren Dockett, author of *The Deepest Blue: How Women Face and Overcome Depression*

About the Author

Mary Ellen Copeland, MA, MS, is a distinguished teacher, writer, and lecturer from Brattleboro, VT. She is the author of **The Depression Workbook, Living Without Depression and Manic Depression, Fibromyalgia and Chronic Myofascial Pain, Winning Against Relapse, and The Worry Control Workbook**. Her audiotape, **Living With Depression and Manic Depression**, and her videotape, **Coping**

With Depression, are widely used by therapists and depression clinics.

Users Review

From reader reviews:

Laura Rogers:

Book will be written, printed, or created for everything. You can recognize everything you want by a reserve. Book has a different type. As we know that book is important issue to bring us around the world. Beside that you can your reading expertise was fluently. A publication The Depression Workbook: A Guide for Living with Depression and Manic Depression, Second Edition will make you to always be smarter. You can feel considerably more confidence if you can know about every thing. But some of you think this open or reading a book make you bored. It is far from make you fun. Why they are often thought like that? Have you in search of best book or ideal book with you?

Richard Zhang:

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Edgar Curtis:

Why? Because this The Depression Workbook: A Guide for Living with Depression and Manic Depression, Second Edition is an unordinary book that the inside of the e-book waiting for you to snap the item but latter it will shock you with the secret that inside. Reading this book adjacent to it was fantastic author who have write the book in such amazing way makes the content on the inside easier to understand, entertaining way but still convey the meaning entirely. So , it is good for you for not hesitating having this any more or you going to regret it. This book will give you a lot of advantages than the other book have such as help improving your skill and your critical thinking method. So , still want to hold up having that book? If I were being you I will go to the book store hurriedly.

Emery Flores:

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Workbook: A Guide for Living with Depression and Manic Depression, Second Edition become your starter.

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