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Kwik: How to End Negative Self-Talk Your Depression is Lying to

You-Depression Treatment Options- Depression Skills #1

Depression is a disease of civilization: Stephen Ilardi at

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Undoing Depression teaches you how to replace depressive patterns of thought and behaving with new, better skills. Anyone who has learned to do depression can learn how to undo it. Recognising that medication is not a magic cure, Undoing Depression offers a range of therapies, from exercise to self-help and psychotherapy, and includes entirely new chapters on using meditation and the role of stress.

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""Undoing Depression" is a book that anyone who has ever felt depressed, to any degree, can keep nearby as a useful companion. If you are really depressed, chain it to your clothing. Beautifully written, full of dependable and inspiring information, it offers countless creative things to do in the face of depression without

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Dr. O'Connor: Therapy--at least the brief kind practiced under managed care--doesn't teach us how to undo the skills of depression. We can go right on alienating people, being unassertive or withdrawn, stuffing our emotions, not able to prioritize our lives or make decisions. etc., etc.

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It is as if they are in over their heads and don't know how to swim; the harder they work, the worse things get. Richard O'Connor is the author of five books, Undoing Depression: What Therapy Doesn't Teach You and Medication Can't Give You, Active Treatment of Depression, Undoing Perpetual Stress, and Happy at Last.

~~Undoing Depression | A Self Help Site~~

Richard O'Connor is the author of four books, Undoing Depression, Active Treatment of Depression, Undoing Perpetual Stress, and Happy At Last. For fourteen years he was executive director of the Northwest Center for Family Service and Mental Health, overseeing the treatment of almost a thousand patients per year.

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~~9780316626439 Undoing Depression: What Therapy Doesn't ...~~

My hope and plans is to become an advocate for others and myself. Every time I think of one book to help someone with depression, it is Richard O'Connor's Undoing Depression that I suggest. The subtitle lives up to itself: What Therapy Doesn't Teach You and Medication Can't Give You.

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depression. Despite therapy, medication, and support from loved ones, the major reason people with depression stay depressed is that they don't know how else to be. They know how to do depression; they are experts at it. In a futile effort to save themselves from pain, they have learned habits that feel normal and natural, like part of the self. But these emotional habits backfire; instead of reducing pain, they just perpetuate depression.

~~O'Connor, Richard—Undoing Depression: What Therapy ...~~

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