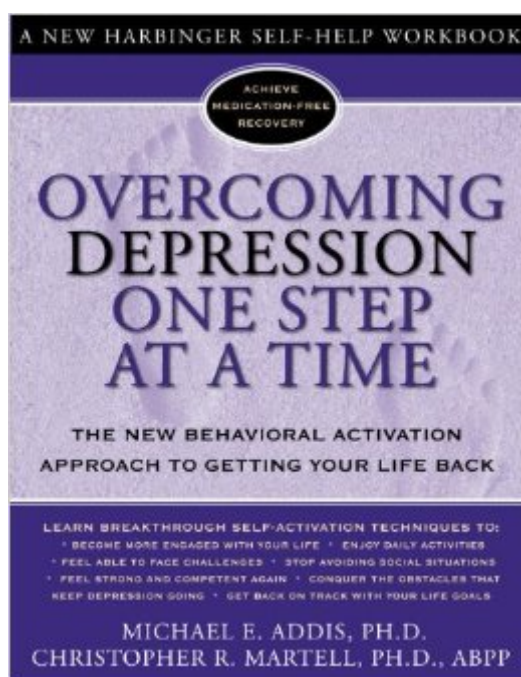


The book was found

# Overcoming Depression One Step At A Time: The New Behavioral Activation Approach To Getting Your Life Back



## Synopsis

What if depression weren't a disorder occurring on its own but was rather a kind of signpost pointing at tangible things you needed to change in your life? This would radically alter not only the way you think about depression but also the strategies you'd use to overcome it. Behavioral activation therapy is built on this powerful, insightful assumption. Its techniques offer fast, effective relief from depression by guiding you to make positive and rewarding changes in your life. This simple, profound process reconnects you to the naturally occurring rewards of a well-lived life, which are powerful antidotes to feelings of depression. The workbook's engaging exercises create a structured framework in which you are encouraged to focus on those activities that will inspire you with feelings of pleasure, mastery, and engagement. Learn to develop a list of enjoyable activities or activities you need to engage in as a part of a normal and satisfying life. Begin with the easiest (or sometimes, the most indispensable) activities on your list, and learn how to tackle them one by one. This book has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit – an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.

## Book Information

Paperback: 192 pages

Publisher: New Harbinger Publications; 1 edition (October 1, 2004)

Language: English

ISBN-10: 1572243678

ISBN-13: 978-1572243675

Product Dimensions: 8.6 x 0.5 x 11.1 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars – See all reviews (25 customer reviews)

Best Sellers Rank: #46,843 in Books (See Top 100 in Books) #65 in Books > Health, Fitness & Dieting > Mental Health > Depression #2442 in Books > Health, Fitness & Dieting > Psychology & Counseling #5665 in Books > Self-Help

## Customer Reviews

œAddis and Martell are on the cutting edge of research on psychological treatments for depression. Now they have adapted one of the most powerful new psychological treatments for

depression into an easy-to-use and convenient workbook that will be of enormous benefit to both individuals suffering from depression and therapists conducting treatment. The authors are the first to make this program generally available to clinicians and the public and, in its straightforward easy to understand format, millions of people should benefit. • ”David H. Barlow, Ph.D., professor of psychology and director of clinical programs at Boston University

Behavioral activation-a fast-acting, effective therapy for overcoming depression-focuses on reengaging with life; for the first time, this book brings these powerful techniques directly to the self-help reader.

[Download to continue reading...](#)

Overcoming Depression One Step at a Time: The New Behavioral Activation Approach to Getting Your Life Back Depression Treatment Naturally & Depression Self Help: 21 Non-Medical Depression Cures To Stay Happy For Life (depression cure, postpartum depression, ... depression self help, depression free) How to Help Someone with Depression: 2nd Edition (Loved one with depression, anxiety disorder, bipolar, manic depression, depression, mood disorders, suicide, suicidal thoughts) Activacion conductual / Behavioral activation: Refuerzos positivos ante la depresion / Positive Reinforcements to Depression (Spanish Edition) Cognitive Behavioral Therapy : A Comprehensive Guide For Defeating Depression, Overcoming Anxiety, & Eliminate Negative Thoughts Cognitive Behavioral Therapy : 10 Simple Guide To CBT For Overcoming Depression, Anxiety & Destructive Thoughts CBT for Chronic Pain and Psychological Well-Being: A Skills Training Manual Integrating DBT, ACT, Behavioral Activation and Motivational Interviewing Getting Well Again: A Step-by-Step, Self-Help Guide to Overcoming Cancer for Patients and Their Families Get Your Ex BACK in 30 Days or Less! The Complete Step By Step Plan to Get Your Ex Back for Good Step By Step To Your Own Domain And Webhosting: Tips and tricks for registering your own domain name and connecting it with your webhosting provider (Step By Step Booklets Book 1) Depression & How to Analyze: 2 Manuscripts. Naturally Free Yourself of Depression & Heal Anxiety, Panic Attacks, & Stress. Using Human Psychology to Successfully ... Conquer Your Mind and Regain Your Life) Cooking for One: 365 Recipes For One, Quick and Easy Recipes (Healthy Cooking for One, Easy Cooking for One, One Pot, One Pan) The Chemistry of Joy: A Three-Step Program for Overcoming Depression Through Western Science and Eastern Wisdom Life Coaching: Life Coaching Blueprint: Save A Life One Person At A Time (BONUS 30MINUTE Life Coaching Session- How To Motivate, Inspire, Change Your Life) The Third Eye: A 17 Step Activation Plan (The Pineal Gland and Third Eye Awakening) The Chronic Pain Control Workbook:

A Step-By-Step Guide for Coping with and Overcoming Pain (New Harbinger Workbooks)  
Woodworking: Woodworking Projects and Plans for Beginners: Step by Step to Start Your Own  
Woodworking Projects Today (WoodWorking, Woodworking Projects, Beginners, Step by Step)  
Advanced Spanish Step-by-Step: Master Accelerated Grammar to Take Your Spanish to the Next  
Level (Easy Step-by-Step Series) The Mindfulness Workbook for OCD: A Guide to Overcoming  
Obsessions and Compulsions Using Mindfulness and Cognitive Behavioral Therapy (New  
Harbinger Self-Help Workbooks) Med School Rx: Getting In, Getting Through, and Getting On with  
Doctoring

[Dmca](#)