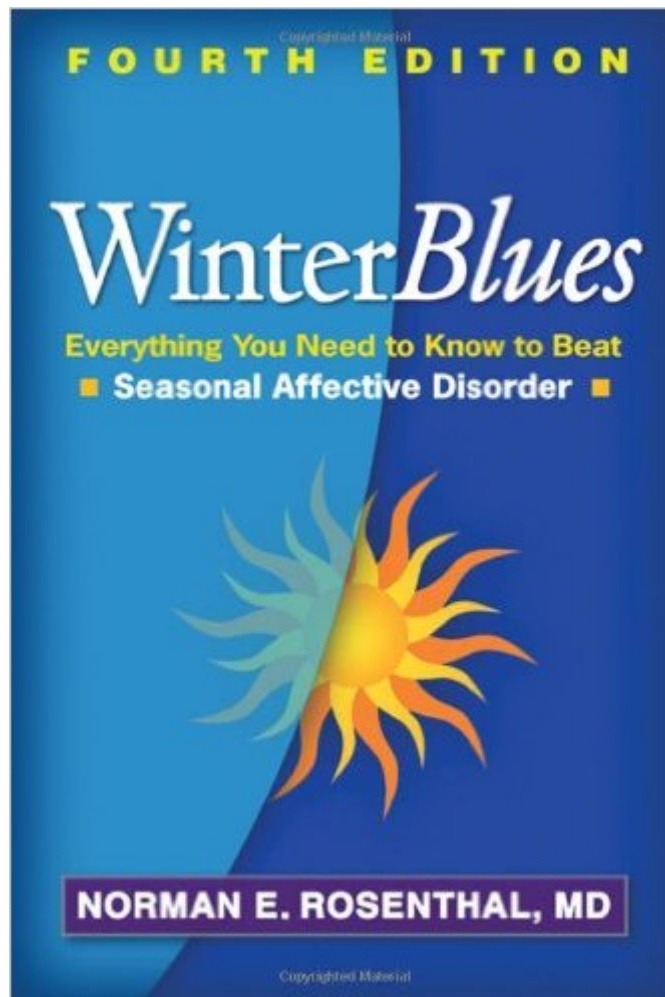


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# Winter Blues, Fourth Edition: Everything You Need To Know To Beat Seasonal Affective Disorder



## Synopsis

"A 'landmark book.'"--The New York Times\*When the dark days of winter approach, do you feel sluggish and slow? Is it a struggle to get out of bed each morning?\*Do you have difficulty focusing at work or in relationships, feel down in the dumps, or, worse still, get really depressed?\*Does it get harder than ever to stick to a healthy diet and control your weight?If you answered yes to one or more of these questions, you may be one of the millions of people who suffer from seasonal affective disorder (SAD). Picking up this book is the first step toward feeling more energized, productive, and alive--all year long. Dr. Norman E. Rosenthal's engaging, compassionate style and rich store of scientific wisdom have made this trusted guide a perennial bestseller. Dr. Rosenthal explains how to evaluate your own level of seasonality, get the most out of light boxes and other effective self-help options, and make informed decisions about antidepressants and psychotherapy. The thoroughly updated fourth edition features a new chapter on different meditation practices and their benefits. Packed with information and insights, this is a tried-and-true survival kit for weathering the winter blues. See also Dr. Rosenthal's Winter Blues Survival Guide, a step-by-step workbook that helps you craft a customized SAD treatment plan.

## Book Information

Paperback: 353 pages

Publisher: The Guilford Press; 4 edition (September 4, 2012)

Language: English

ISBN-10: 1609181859

ISBN-13: 978-1609181857

Product Dimensions: 5.9 x 1.1 x 8.9 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (39 customer reviews)

Best Sellers Rank: #74,778 in Books (See Top 100 in Books) #100 in [Books > Health, Fitness & Dieting > Mental Health > Depression](#) #130 in [Books > Health, Fitness & Dieting > Mental Health > Mood Disorders](#) #214 in [Books > Politics & Social Sciences > Social Sciences > Social Work](#)

## Customer Reviews

I read this book due to it's high rating and wanting to learn more about SAD. I didn't realize I even had it for sure until I moved much farther north to Seattle last year on Christmas day. What was supposed to be a move I was totally excited about and a fantastic place for me to live - I am an avid outdoor sports addict and love the culture there - turned into a total fail. I became so tired the sports

I normally loved to play stopped. I stopped going out and being social. I went to visit a relative in the Midwest in April and did not want to return to Seattle due to the depression I developed there. I came back in October just to pick up my stuff and move away. I wanted to see if I could make it through the winter here, as I wouldn't mind staying here to be closer to relatives. Unfortunately I developed the SAD here as well. Armed with this book, I can say I have survived. And if you have ever dealt with severe SAD, you know the feeling at the end of winter. This book covers every aspect of SAD I can think of. Things I did not think were related were brought out in the book and I realized how they were impacting my life - and had been - for at least 20+ years when I lived in the Midwest. I had in the past been misdiagnosed with so many things to explain the recurring depressions, weight gain, fatigue and other symptoms that are SAD. Not that anyone wants to hear there is something wrong with them, it was a relief to me to finally find out what has been going on with me all these years, and moreover, how to treat it. I wish I had this information so many years ago. But, as the book points out, it is not uncommon to take years for many people to be diagnosed. It explained why I became so depressed in the Midwest but never had these episodes when I lived in Phoenix.

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