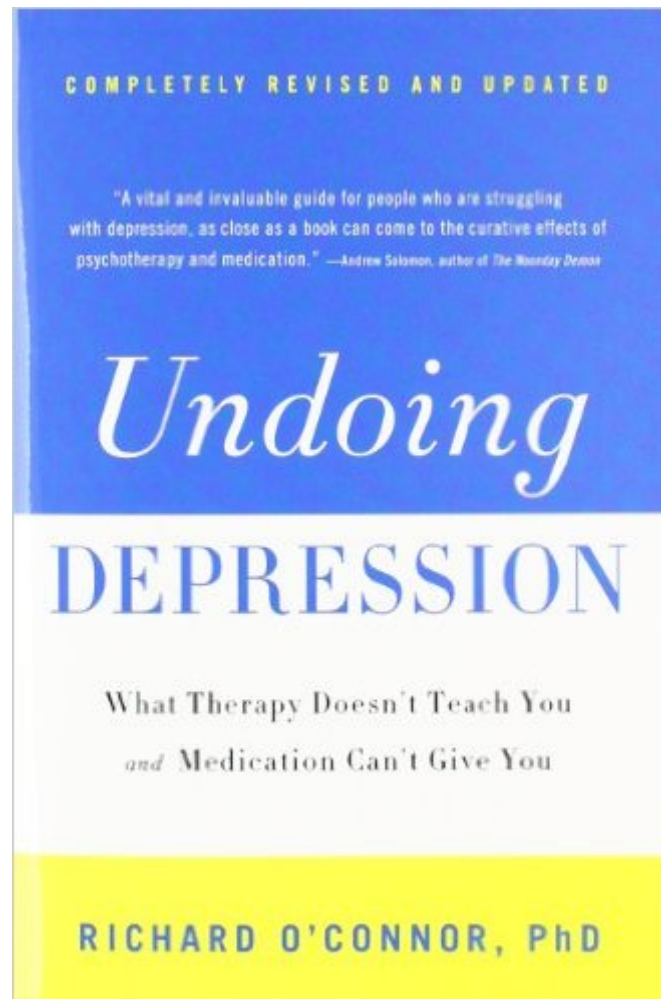


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# Undoing Depression: What Therapy Doesn't Teach You And Medication Can't Give You



## Synopsis

Like heart disease, says psychotherapist Richard O'Connor, depression is fueled by complex and interrelated factors: genetic, biochemical, environmental. In this refreshingly sensible book, O'Connor focuses on an additional factor often overlooked: our own habits. Unwittingly we get good at depression. We learn how to hide it, how to work around it. We may even achieve great things, but with constant struggle rather than satisfaction. Relying on these methods to make it through each day, we deprive ourselves of true recovery, of deep joy and healthy emotion. UNDOING DEPRESSION teaches us how to replace depressive patterns with a new and more effective set of skills. We already know how to "do" depression-and we can learn how to undo it. With a truly holistic approach that synthesizes the best of the many schools of thought about this painful disease, O'Connor offers new hope-and new life-for sufferers of depression.

## Book Information

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## Customer Reviews

As Richard O'Connor states, you won't find many people with his experience, both personal and professional. He witnessed his mother's depression, who ended her life when he was still a child. Understandably, he went on to suffer from depression as well. He chose a mental health profession, allowing him to treat and see many other depressives. In short, he really knows what he is talking about, and it shows in this brilliant and compassionate book. What I particularly like is the comprehensiveness of depression's consequences, its impact on your body, your relationship, your thinking, your emotions, your addictions, your work, your parental skills. As O'Connor states, most

depressives do not understand they are suffering from this disease. They typically come for therapy because of a crisis in their relationships, an addiction being out of control, or an issue at work. It's only when they are assessed by a mental health professional that they understand that they are truly depressed. Reading this book and recognizing yourself all over the descriptions can allow you to do the very same thing. This book will also help you to overcome guilt or shame for being depressed. Most depressed people tend to believe they are somehow to blame for how they feel, that they should snap out of it with willpower, or that it is an imaginary disease. Thanks to Undoing Depression, you will understand that depression has real physical characteristics. Even if the root cause of depression is your past, the consequences of this disease are real, measurable, and very much in the present. Undoing Depression will also give you tips and methods to overcome depression, and take charge of your recovery.

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