



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

By Richard O'Connor

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A practicing psychotherapist who has himself struggled with depression teaches fellow sufferers how to use new ways of thinking, feeling, and being to break the pattern of depression.

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Editorial Review

About the Author

Richard O'Connor, PhD, is a practicing psychotherapist with offices in Canaan, Connecticut, and New York City. He is also the author of Active Treatment of Depression, Undoing Perpetual Stress, and Happy at Last. For more information, visit www.undoingdepression.com.

Users Review

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John Long:

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