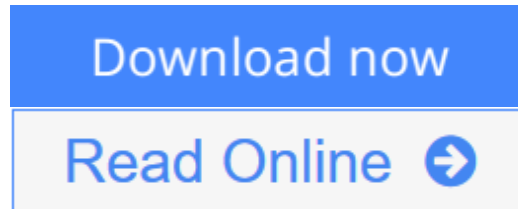


The 10 Best-Ever Depression Management Techniques: Understanding How Your Brain Makes You Depressed and What You Can Do to Change It

By Margaret Wehrenberg Psy.D.



The 10 Best-Ever Depression Management Techniques: Understanding How Your Brain Makes You Depressed and What You Can Do to Change It By Margaret Wehrenberg Psy.D.

A strategy-filled handbook to understand, manage, and conquer your depression, modeled after its best-selling counterpart on anxiety.

Why is depression one of the most pervasive of all mental health complaints? What makes the lethargy, mental rumination, loss of concentration, unassuageable negativity, and feelings of inadequacy so stubbornly resistant to treatment and so hard to shake off? What can you do to alleviate your symptoms and move in the direction of full recovery?

In order to answer these questions, Margaret Wehrenberg explains, you must first understand your brain. Drawing on cutting-edge neuroscience research presented in a reader-friendly way, Wehrenberg skillfully describes what happens in the brain of a depression sufferer and what specific techniques can be used to alter brain activity and control its range of disabling symptoms. Containing practical, take-charge tips from a seasoned clinician, this book presents the ten most effective strategies for moving from lethargy into action, taking charge of your brain, and breaking free from depression to find hope and happiness.

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- Sales Rank: #60267 in Books
- Published on: 2011-02-14
- Original language: English
- Number of items: 1
- Dimensions: 9.30" h x .90" w x 6.20" l, 1.07 pounds
- Binding: Paperback
- 312 pages

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Editorial Review

From [Booklist](#)

People suffering from clinical depression and who feel that they are to blame for their debility may take comfort in psychologist Wehrenberg's deconstruction of the depressed brain. In language that is unavoidably technically complicated on occasion, she explains how the intricate workings of the physical brain affect the emotions, not only causing and sustaining depression, but reinforcing it as well. She also describes how the different types of prescription medications work on the brain's chemical processes to help alleviate depression's symptoms. As a practicing psychologist, Wehrenberg additionally promotes the added benefit of talk therapy. But recognizing that not everyone has means to access a licensed therapist, she offers some of her own tried-and-true methods for self-help. Appendixes include additional reading plus a number of charts, questionnaires, and graphs to guide readers in their recovery efforts. In steps that are both clear and scaled for easily attainable victories, Wehrenberg extends a hand to those without the recourse of clinical therapy. --Donna Chavez

Review

"In steps that are both clear and scaled for easily attainable victories, Wehrenberg extends a hand to those without the recourse of clinical therapy." (Booklist)

"[C]hock full of options, techniques, and information to assist a depressed person in understanding every aspect of their disorder. . . . Wehrenberg has successfully linked the world of prescription medications with the world of behavioral psychotherapy so that both are affirmed and everyone is more informed. The more I read of this book, the more I liked it and found it useful, because it stretches the usual ways of thinking to include, rather than exclude, helpful options." (The Milton H. Erickson Foundation Newsletter)

"[A] thoughtful book that provides immediate help for people suffering from depression. I highly recommend it." (Daniel G. Amen, MD, author of *Change Your Brain, Change Your Life*)

"A well-researched book with clearly-written brain science for the non-scientist. Its life-changing, self-motivating techniques, many of which can be practiced outside the treatment room, will benefit anyone who suffers from depression and everyone who treats them. The appendix of practices alone is worth the price!" (Amy Weintraub, author of *Yoga for Depression*)

"Wehrenberg helps the reader remove self-blame for their condition and get on with the necessary changes they need to implement in order to feel better...[W]ould be useful to both patients and therapists. An uplifting, life-changing read." (WellBeing Magazine (AU))

About the Author

Margaret Wehrenberg, Psy.D., is a licensed psychologist in private practice, a popular public speaker, and international anxiety coach. She is the author of *The Anxious Brain*, *The 10 Best-Ever Anxiety Management Techniques*, and *The 10 Best-Ever Depression Management Techniques*. She lives in St. Charles, Missouri.

Users Review

From reader reviews:

Jeanne Gonzales:

The ability that you get from *The 10 Best-Ever Depression Management Techniques: Understanding How Your Brain Makes You Depressed and What You Can Do to Change It* is the more deep you rooting the information that hide into the words the more you get thinking about reading it. It doesn't mean that this book is hard to know but *The 10 Best-Ever Depression Management Techniques: Understanding How Your Brain Makes You Depressed and What You Can Do to Change It* giving you joy feeling of reading. The copy writer conveys their point in certain way that can be understood simply by anyone who read the item because the author of this e-book is well-known enough. This specific book also makes your vocabulary increase well. That makes it easy to understand then can go together with you, both in printed or e-book style are available. We highly recommend you for having this kind of *The 10 Best-Ever Depression Management Techniques: Understanding How Your Brain Makes You Depressed and What You Can Do to Change It* instantly.

Samantha Bond:

Spent a free the perfect time to be fun activity to complete! A lot of people spent their down time with their family, or their particular friends. Usually they accomplishing activity like watching television, about to beach, or picnic from the park. They actually doing same thing every week. Do you feel it? Will you something different to fill your current free time/ holiday? Could possibly be reading a book could be option to fill your free of charge time/ holiday. The first thing that you will ask may be what kinds of book that you should read. If you want to consider look for book, may be the book untitled *The 10 Best-Ever Depression Management Techniques: Understanding How Your Brain Makes You Depressed and What You Can Do to Change It* can be great book to read. May be it might be best activity to you.

Chad Davis:

A lot of people always spent their particular free time to vacation or even go to the outside with them family or their friend. Were you aware? Many a lot of people spent they free time just watching TV, or perhaps playing video games all day long. If you would like try to find a new activity honestly, that is look different you can read any book. It is really fun for you personally. If you enjoy the book that you simply read you can spent 24 hours a day to reading a e-book. The book *The 10 Best-Ever Depression Management Techniques: Understanding How Your Brain Makes You Depressed and What You Can Do to Change It* it is quite good to read. There are a lot of folks that recommended this book. They were enjoying reading this book. In the event you did not have enough space bringing this book you can buy the e-book. You can m0ore effortlessly to read this book from the smart phone. The price is not too expensive but this book possesses high quality.

Sarah Lopez:

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