



How to Change Your Thinking About Depression: Hazelden Quick Guides (A Hazelden Quick Guide)

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Apply practical strategies from the latest expert research to change the way you think and react to feelings of depression.

Do you (or does someone you know) have problems with depression? Have you been told that you might be depressed? We all have bad days and feel down from time to time. It's common, and even healthy at times. But when these feelings linger to the point of keeping us from our responsibilities and affecting our relationships, we can feel helpless.

Using the research of experts in the field of emotional health, this book outlines a basic understanding of depression and offers healthy ways to process and change our thoughts, feelings, and behaviors to better deal with it. These strategies are based on Rational Emotive Behavioral Therapy (REBT), a widely used method of examining our own thoughts to challenge and change irrational beliefs.

In this book, you will

Discover the "anatomy" of depression and break it down into its basic elements

Learn the different forms of depression so you can better care for your own

Uncover your own sources of depression and learn how certain coping strategies are often both a symptom and a cause of depression

Discover how you experience depression through your own thoughts, feelings, and behaviors

Know how and when to reach out for professional help, if necessary

Reclaim your life from depression by making conscious choices in your thinking, feeling, and acting

About Hazelden Quick Guides

Hazelden Quick Guides are short, accessible e-books that draw on the original work and best practices of leading experts to help readers address common addiction recovery and emotional health issues. This first four-book collection applies the proven methods of Rational Emotive Behavior Therapy (REBT) to challenge and change the irrational thoughts and beliefs that contribute to the debilitating effects of shame, anger, depression, and anxiety.

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Now a day those who Living in the era exactly where everything reachable by interact with the internet and the resources included can be true or not call for people to be aware of each facts they get. How individuals to be smart in obtaining any information nowadays? Of course the answer then is reading a book. Reading a book can help men and women out of this uncertainty Information specially this How to Change Your Thinking About Depression: Hazelden Quick Guides (A Hazelden Quick Guide) book since this book offers you rich information and knowledge. Of course the data in this book hundred pct guarantees there is no doubt in it you know.

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Milan Allen:

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