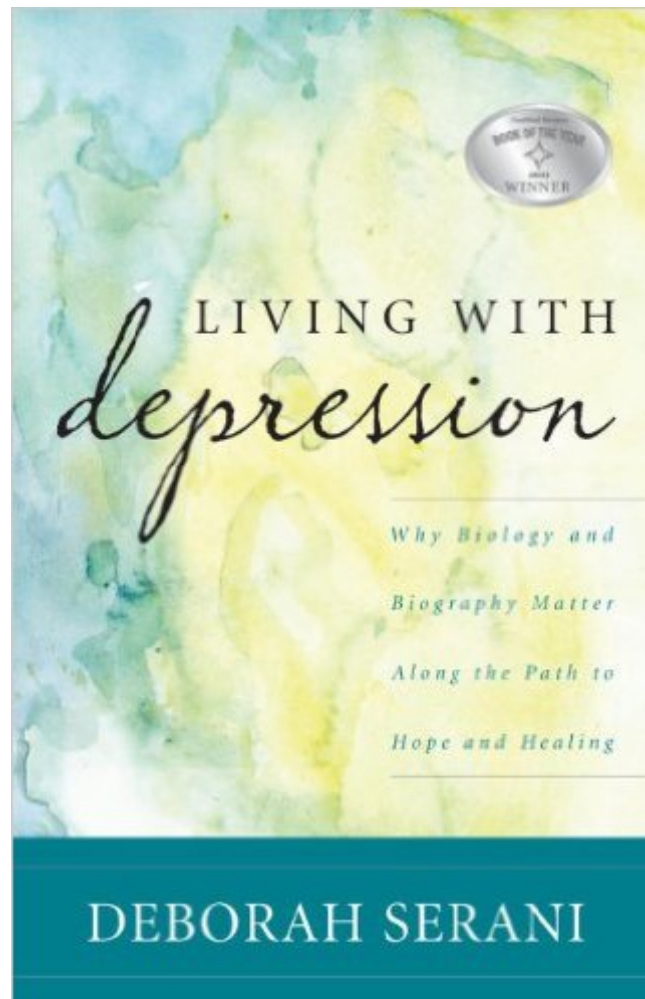


The book was found

Living With Depression: Why Biology And Biography Matter Along The Path To Hope And Healing



Synopsis

In "Living with Depression," Deborah Serani writes about her lifetime struggles with unipolar depression and suicidal thinking, and how finding the right combination of treatments can lead to health and healing. Saved by psychotherapy, Serani studied psychology and became a specialist who treats mood disorders in children and adults. This dual perspective of being both patient and doctor makes this a most unique book. Serani outlines the various forms of depression and treatments, highlights methods for living with depression, and ways of finding the help you or a loved one needs. Tips on how to choose a good therapist, negotiate the labyrinth of healthcare, and minimize stigma are addressed, as is learning how to use biology and biography as tools of empowerment. Listings of national and global depression resources make this a go-to manual on how to heal depression. "Living with Depression" was awarded the 2011 BOOK OF THE YEAR Silver Medal in Psychology by Foreword Reviews.

Book Information

Paperback: 208 pages

Publisher: Rowman & Littlefield Publishers; Reprint edition (October 16, 2012)

Language: English

ISBN-10: 1442210575

ISBN-13: 978-1442210578

Product Dimensions: 5.4 x 0.6 x 8.4 inches

Shipping Weight: 9.6 ounces

Average Customer Review: 4.9 out of 5 stars See all reviews (35 customer reviews)

Best Sellers Rank: #2,556,941 in Books (See Top 100 in Books) #111 in Books > Health, Fitness & Dieting > Mental Health > Postpartum Depression #1000 in Books > Health, Fitness & Dieting > Psychology & Counseling > Mental Illness #2609 in Books > Health, Fitness & Dieting > Mental Health > Depression

Customer Reviews

Living with Depression by Deborah Seranti is a must read for anyone who has depression and for those who treat depression. I believe that it would also be helpful to have friends and family of anyone depressed read it. Deborah Serani is a psychologist with a private practice and in this book, she tells of her own plans to commit suicide. But medication, psychotherapy and research by herself she is able to live with depression. I am interested in this book because I too, have major depression. It runs in my family. She explains that depression is not a nature vs. nurture question but

is the result of nature and nurture. Stress and the lack of a support system can throw you over to suicidal thoughts. But this book is not a gloomy, recital of facts that contribute to depression. Rather it is a message of hope and healing. Society needs to recognize that depression is a chronic illness. This is something that we have to live with through our lives. Stigma is a great problem; this can prevent people from getting help. Mental illness is not something to be laughed at but rather means that person may need medicine, counseling and support. In this book, Deborah Serani, gives ways that she personally confronts stigma. I have two favorite parts of this book. First are the twelve pages of well known people who have lived with or have some form of depression. On that list, you will see Mark Twain, John Quincy Adams, Alex Baldwin, and Dick Clark to just name a few. She put them in this book to show that even though you have depression, you can still be successful. The other part that enjoyed was about healthcare officials and the ways that they employ tactics to either avoid or delay payment.

[Download to continue reading...](#)

Living with Depression: Why Biology and Biography Matter along the Path to Hope and Healing
Depression Treatment Naturally & Depression Self Help: 21 Non-Medical Depression Cures To Stay Happy For Life (depression cure, postpartum depression, ... depression self help, depression free)
Biology: The Ultimate Self Teaching Guide - Introduction to the Wonderful World of Biology - 3rd Edition (Biology, Biology Guide, Biology For Beginners, Biology For Dummies, Biology Books) How to Help Someone with Depression: 2nd Edition (Loved one with depression, anxiety disorder, bipolar, manic depression, depression, mood disorders, suicide, suicidal thoughts) Matter, Dark Matter, and Anti-Matter: In Search of the Hidden Universe (Springer Praxis Books) Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1) Crystals and Gemstones: Healing The Body Naturally (Chakra Healing, Crystal Healing, Self Healing, Reiki Healing) Black Lies Matter: Why Lies Matter to the Race Grievance Industry Find Your Path: A Short Guide For Living With Purpose And Being Your Own Man...No Matter What People Think Why Can't We Get Along?: Healing Adult Sibling Relationships The Sound of Music: Flute Play-Along Book/Online Audio Pack (Play Along (Williamson Music)) The Sound of Music: Violin Play-Along Volume 56 (Hal Leonard Violin Play-Along) Sondheim Broadway Solos Flute Book/CD Play-Along (Hal Leonard Instrumental Play-Along) West Side Story: Easy Piano Play-Along Volume 18 (Hal Leonard Easy Piano Play-Along) Reiki: The Healing Energy of Reiki - Beginner's Guide for Reiki Energy and Spiritual Healing: Reiki: Easy and Simple Energy Healing Techniques Using the ... Energy Healing for Beginners Book 1) REIKI: From Beginner to Expert - Energy Healing Double

Book Bundle (+Bonus!) - Ultimate Guide to Reiki Healing & Chakra Healing (Energy Healing, Chakras ... Beginners, Reiki Symbols, Chakra Balancing) Living Off The Grid And Loving It: 40 Creative Ways To Living A Stress Free And Self-Sustaining Lifestyle (Simple Living, Off Grid Living, Off The Grid Homes, DIY Survival Guide, Prepping & Survival) American Sniper: The Incredible Biography of an American Hero, Chris Kyle (Chris Kyle, Iraq War, Navy Seal, American Icons, History, Biography, PTSD) American National Biography (American National Biography Supplement) Our FAScinating Journey: Keys to Brain Potential Along the Path of Prenatal Brain Injury, Second Edition

[Dmca](#)