

**THE 10 BEST-EVER DEPRESSION
MANAGEMENT TECHNIQUES:
UNDERSTANDING HOW YOUR BRAIN
MAKES YOU DEPRESSED AND WHAT YOU
CAN DO TO CHANGE IT BY M**



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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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61 of 65 people found the following review helpful.

No more confusion. Just motivation.

By ESN

I am a spiritual person and I have found it hard to reconcile the kinds of advice I have received on depression, which have ranged from the spiritual to the pharmacological. Let me first pay due respect to each of these perspectives because they are held by people with open minds and complex understandings. When I say the "spiritual perspective" I am specifically referring to a perspective that involves lifting oneself out of inertia and towards perfect awareness and love...maybe devotion to God or a higher power. Certainly this is an umbrella term. Each perspective has come with a philosophy of the depressed person--why she is depressed, how she can be made to feel better. In many instances I have told a doctor my problems and that doctor has handed me pills. In the hospital this process is called "stabilization" and its import should not be deemphasized. But medication just isn't enough. On the other side of things, as Wehrenberg points out,

depressed people are overly attentive to their perceived faults and think negatively, so when I cannot simply be perfectly mindful, or devoted to God (or anything for that matter) I feel much worse...sometimes for weeks. Furthermore, I see myself as the problem, as at fault, as the one to be blamed for my continued depression.

After reading Wehrenberg's compassionate yet forthright book I must say that I no longer feel there is conflict amongst the kinds of advice I have been given, as Wehrenberg considers the neurobiology of depression alongside techniques to "use your brain to change your brain" which are prescribed by spiritual teachers. The problem I had encountered was a lack of nuanced and thorough integration of the neurological perspective and the spiritual perspective. I understand both that a lack of sufficient dopamine in my brain causes anhedonia or the absence of pleasure, AND that I have a choice to savor, to focus on the positive, to dig deeply into memories of pleasurable experiences I once had and to repeat those experiences.

While I have heard basically the same advice from other sources this book represents the subtle integration and the TONE it takes to get through to the reader.

She makes her work accessible and freeing in several ways:

1) She breaks the 10 best-ever depression management techniques down into digestible, small, yet powerful exercises. Again and again she focuses on the realistic and the doable, as hoping for too much is liable to lead to more negative self-talk on the reader's part.

2) While it is not quite true to say that blame plays absolutely no role in her book (Wehrenberg hands just the right amount of responsibility to the depressed person) Wehrenberg explains where depression comes from biologically and environmentally and continually comes back to the ways in which the depressed brain chemically wants to remain depressed. She addresses us in just the right way...as responsible adults ready to take control of our lives.

3) As I have stated, she brings it all together, bringing the reader (or at least me) a degree of peace. She tells you to eat your spinach and take your medication (and why to do these things) AND to struggle to improve yourself through mindfulness and devotion.

I don't know if anyone else out there has been torn apart by seemingly irreconcilable perspectives on depression, but it's the TONE, the research and the presentation that matter.

This book will leave you feeling empowered, not derelict or at fault. And if medication alone isn't working for you, I highly recommend just reading if not employing the 10 best-ever depression management techniques.

21 of 24 people found the following review helpful.

These work

By BC

This book works in therapy as well as in personal lives for people dealing with depression. The 10 techniques have proven to help heal the brain and to balance the chemicals so that individuals can overcome the depression and allow them to return to life more excited and more positive. This is an excellent book and I recommend all who are dealing with this topic to purchase this book.

I am a professional Therapist and have been using this book in my private practice for some time now. I have found that in overcoming depression to understand the brain and how it is connected to depression is critical in dealing with this diagnosis. She has been able to identify different types of depression which are over

looked by many people. I use her concepts in my therapy and have requested each of my clients to get this book in helping them to understand what they are experiencing and how to strengthen themselves in overcoming depression. My clients have reported back that it is a very easy book to understand even as a nonprofessional and that the book has been very helpful for them to be able to make the change.

12 of 14 people found the following review helpful.

Practical, concrete useful advice

By Claire

There is nothing new age or harmful in this book - the reviewer who suggests that there is must be confusing Dr. Wehrenberg's book with another book. As a health care provider and an educator, I find this book to be concrete, practical and respectful. This is a pragmatic book for people who are looking for ideas to improve energy, eliminate negative thinking, and gently challenge themselves to interrupt behaviors that keep them in a depressed state. One very useful aspect of Dr. Wehrenberg's writing is her ability to provide simple strategies that really do work for complex problems. It's a must read for anyone experiencing depression, and helpful reading for therapists who work with depressed clients. I have used Dr. Wehrenberg's techniques from her previous book successfully with my clients. I can tell from my first reading of this - her latest book - that I will find her techniques for dealing with depression to be equally useful for my clients. This book is especially important now, when so many people are experiencing emotional pain due to pressures related to job loss and the economy. As service providers, we owe it to ourselves and to our clients to use every available means of providing assistance and relief. This book promises to be a wonderfully useful tool for this purpose.

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