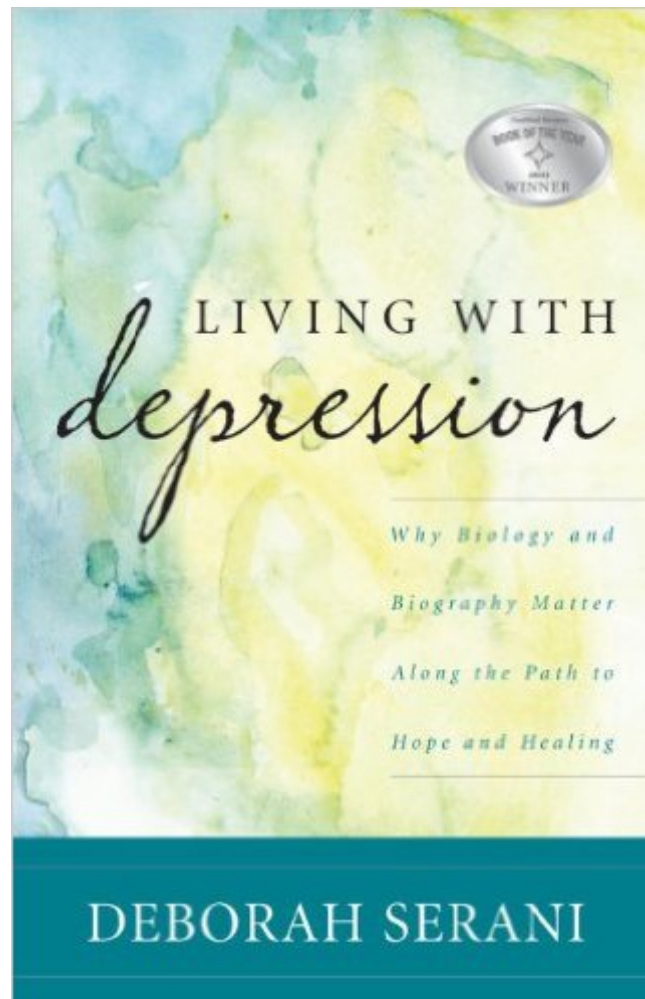


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Living With Depression: Why Biology And Biography Matter Along The Path To Hope And Healing



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.Â Serani outlines the various forms of depression andÂ 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" wasÂ awarded the 2011Â BOOK OF THE YEARÂ 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 starsÂ Â See all reviewsÂ (35 customer reviews)

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

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