



## Undoing Depression: What Therapy Doesn't Teach You and Medication Can't Give You

By Richard O'Connor

BRILLIANCE AUDIO, 2014. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. Depression has been your experience for so long that you've begun to believe it is what you are. But it is something you have -- just as, for example, one has heart disease. Like heart disease, says psychotherapist Richard O'Connor, depression is fueled by complex and interrelated factors: genetic, biochemical, environmental. In this refreshingly sensible book, O'Connor focuses on an additional factor often overlooked: our own habits. Unwittingly, we get good at depression. We learn how to hide it, how to work around it. We may even achieve great things, but with constant struggle rather than satisfaction, and so we deprive ourselves of true recovery, of deep joy and healthy emotion. Undoing Depression teaches us how to replace depressive patterns of thinking, relating, and behaving with a new and more effective set of skills. O'Connor also provides new information on medications, stress-related afflictions, the benefits of meditation and exercise, and the link between depression and attention disorders. With a truly holistic approach that synthesizes the best of the many schools of thought about this painful disease, O'Connor offers new hope -- and new...



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