



# Overcoming Depression: A Step-by-Step Approach to Gaining Control Over Depression

By Paul Gilbert

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## Overcoming Depression: A Step-by-Step Approach to Gaining Control Over Depression By Paul Gilbert

St. John's Wort, Prozac, psychotherapy, support groups--today's individual suffering from depression has a laundry list of treatments to choose from. For many, Paul Gilbert's self-help manual *Overcoming Depression*--based on the highly effective technique of cognitive behavioral therapy--will provide a lifeline to recovery and a better future, as a way to understand and thus resist the downward slide of depression, and as a resource to supplement therapy or medication.

Cognitive behavioral therapy, which treats emotional disorders by changing negative thought-patterns, is now internationally established as a key method for overcoming conditions such as depression, anxiety, panic attacks, and eating disorders. The principle behind this form of therapy is that our thoughts have a major impact on our emotions: a person who goes through life thinking "I am unlovable," or "I'll never achieve anything," will find constant evidence to support his or her beliefs. In *Overcoming Depression*, Gilbert explains the many forms and causes of depression and lays out clinically proven techniques for dealing with this debilitating condition. This book will help people gain insight into problem areas such as perfectionism, shame, anger, and aggression, and how these areas can become exacerbated by depression.

*Overcoming Depression* illustrates a systematic program of treatment by which people can monitor their thoughts, learn to recognize negative patterns, and challenge them. With step-by-step suggestions, case examples, thought-monitoring sheets, and practical ideas for gaining control over depression, Gilbert offers a course of action for those suffering from depression to change the way they think about themselves and their problems.

The Second Edition of *Overcoming Depression* presents new statistics and findings from the last three years, and offers new chapters on causes for depression including "Biology and Stress," "How Evolution May Have Shaped Depression," and "Early Life, Psychological and Social Aspects." In a new chapter on guilt Gilbert differentiates between guilt and shame, and examines the relationship between guilt and depression and how to deal with those who make us feel guilty. Finally, a new preface and a new brief discussion of St. John's Wort complete the text.

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