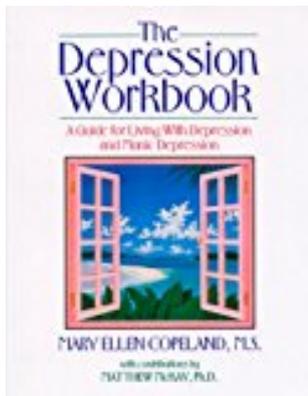


# [PDF] The Depression Workbook: A Guide For Living With Depression And Manic Depression

Mary Ellen Copeland - pdf download free book

---



**Books Details:**

Title: The Depression Workbook: A Gu  
Author: Mary Ellen Copeland  
Released: 1992-09-01  
Language:  
Pages: 305  
ISBN: 1879237326  
ISBN13: 978-1879237322  
ASIN: 1879237326

[\*\*CLICK HERE FOR DOWNLOAD\*\*](#)

---

pdf, mobi, epub, azw, kindle

**Description:**

It may be difficult for those suffering from depression to add a little work into their day; simply getting out of bed can seem like plenty of work. But if you are newly diagnosed or experiencing moderate problems with depression or bipolar disorder, *The Depression Workbook* might be a literal

lifesaver.

The first section is especially useful to new patients just learning to navigate the signs, treatments, and vocabulary of depression. Clearly written overviews of specific symptoms are coupled with space for you to write in your own thoughts on treatment, prognosis, and your ultimate goals. Checklists and daily planners help to identify both areas of difficulty and positive experiences; later in the book, you'll find charts for tracking medications, diet, and doctor visits.

A full section is devoted to the establishment and maintenance of a support group. Ideas range from open discussions with family members to seeking out volunteer work, and it's this section that may be the trickiest for the depressed to work through. Finding the strength to make new friends may seem impossible at first, but author Mary Ellen Copeland spreads plenty of warmth, encouragement, and personal experience among her directives. --*Jill Lightner* --This text refers to an alternate edition.

## **Review**

Endorsement of First Edition: "This book is a lifesaver. This is one of the 'must have' books for anyone newly diagnosed with depression or manic depression. It is invaluable in teaching both sufferer and supporter the symptoms and coping skills. This book was monumental in helping me get through a severe depression that lasted nonstop for half a decade. I recommend this book to all my readers, and to anyone suffering with depression or bipolar disorders."—Bob Olsen, author of the best-selling *Win the Battle: The 3-Step Lifesaving Formula to Conquer Depression and Bipolar Disorder*

"The second edition of this eminently useful guide offers readers proven and active courses of action for getting and staying on the road to wellness. Mary Ellen Copeland is an author who thoroughly understands depression and manic depression, and the book's effective techniques and clear organization illustrate her commitment to facilitating real healing. Once again, Copeland has produced one of the very best books on the subject."

—Lauren Dockett, author of *The Deepest Blue: How Women Face and Overcome Depression*

--This text refers to an alternate edition.

---

- Title: *The Depression Workbook: A Guide for Living With Depression and Manic Depression*
- Author: Mary Ellen Copeland
- Released: 1992-09-01
- Language:
- Pages: 305

- ISBN: 1879237326
  - ISBN13: 978-1879237322
  - ASIN: 1879237326
-