

BOOK LIST
for Anxiety, Depression & related Disorders

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For a complete booklist with all categories, please see the resources page at the ADAVIC website:

http://www.adavic.org/resources/booklist_complete.pdf

DEPRESSION

Feeling Good: The New Mood Therapy

By David D. Burns, M.D

(1999). Paperback, 736 pages.

In *FEELING GOOD*, eminent psychiatrist, David D. Burns, M.D., outlines the remarkable, scientifically proven techniques that will immediately lift your spirits and help you develop a positive outlook on life. Now, in this updated edition, Dr. Burns adds an ALL-NEW CONSUMER'S GUIDE TO ANTIDEPRESSANT DRUGS as well as a new introduction to help answer your questions about the many options available for treating depression. - Recognize what causes your mood swings. - Nip negative feelings in the bud. - Deal with guilt. - Handle hostility and criticism. - Overcome addiction to love and approval. - Build self-esteem. - Feel good everyday. BEGIN NOW, TO EXPERIENCE THE JOY OF FEELING GOOD

What to Do When Someone You Love Is Depressed: A self-help and help-others guide

By Mitch Golant, Susan K. Golant.

(1997). Hardcover, 192 pages.

This book is directed toward the caregiver or "strengthened ally" of any of the more than seventeen million Americans who suffer from this common but often misunderstood affliction. Woven throughout are the personal experiences of Mitch Golant, who spent most of his childhood with a mother who was seriously depressed, an experience that not only catapulted him into his work as a clinical psychologist, but also informs this book with a tone of compassionate understanding.

Overcoming Depression: A step-by-step approach to gaining control over Depression

By Paul Gilbert

(2001). Paperback, 382 pages.

A self-help guide which provides step-by-step strategies for sufferers of depression, using cognitive therapy techniques. The book explains how mind and body interact and how depression can evolve. Case histories are included.

Depression - Why it happens and how to overcome it.

By Dr Paul Hauck

(1979).

"This book is for everyone who gets depressed; it is also for those who have to live or work with people who suffer from depression, and it describes practical ways to overcome or shorten gloomy spells. Dr Hauck, a practising psychiatrist, has pinpointed the main roots of psychologically caused depression - blaming yourself, and being too critical of your own behaviour, feeling sorry for yourself and feeling sorry for other people. He shows how you can tackle depression by learning to accept yourself and others, and illustrates his points with case histories from his practice".

Beating the Blues**By Xandria Williams**

(1996). Paperback.

This is a well-written book about handling depression; however, it contains so many interesting techniques that it could be viewed simply as a self development book. This book is very well written and easy to read. Some find the book offensive because it considers that illness is a choice. I did not find it offensive at all. You will learn a lot about useful techniques from reading this book.

Lifting Depression the Balanced Way**By Dr Lindsay Corrie**

(2002). Paperback, 120 pages.

"Depression is a very common affliction. According to the World Health Organization about one hundred million people suffer from this debilitating condition at any time, and it can affect anyone, young or old. The good news, however, is that it can be treated, and your quality of life can be dramatically improved.

In this book, Lindsay Corrie shows you how to lift your depression using a balanced approach. If your depression is severe you may need to take antidepressant medication, but there are many other, natural approaches that can be used instead of medication, or to enhance the effectiveness of that medication if you need it. These include herbal and homeopathic remedies, diet, exercise, talking therapies, and other simple lifestyle changes."

Overcoming Depression (3rd edition)**By Demetri, Papolos (M.D.), & Janice Papolos.**

(1997). Paperback, 432 pages.

A very informative book about depression and manic depression. A good overview of the disease and its effects on those of us who suffer with it. Some of it is a little on the technical side, but it's full of facts and explanations for those with the disease and those around them. A lot of the really spooky aspects of depression (what happens if I have to be hospitalized) are discussed in depth.

Control Your Depression (Revised edition)**By Peter M. Lewinsohn**

(1992). Paperback.

Depression is one of the most common of all psychological problems -- nearly all of us experience mild forms of it at sometime during our lifetime. But now, with this easier-to-understand edition of a bestseller that's helped thousands regain their zest...

Beating The Blues - A Self-Help Approach To Overcoming Depression

By S. Tanner, & J. Ball.

(2000). Paperback.

Emphasising everyday problems and how to solve them, the authors have produced a book that is practical, humorous, down-to-earth and immensely readable. Based on cognitive therapy approach of Beck and Ellis, using self-tests questionnaires and case studies.

Out Of The Shadows - A Guide To Understanding Depression And Its Treatment

By Ian Hickie, Tracey Davenport & Elizabeth Scott

Released as a volume in the *Australian Woman's Weekly* Health Series, in association with DepressioNet. Available from:

(<http://www.depressionet.com.au/books/depression/shadows.html>)

Depression is recognised as a major health challenge. By 2020 it will be second only to heart disease as the leading cause of death and disability. It's a problem that blights many lives - and at last there are treatments and strategies that recognise its importance, and provide ways to restore happiness, balance and optimism.

This up-to-date guide is an excellent source of information for any person experiencing depression. It details the key features and causes of depression as well as common drug, psychological and alternative treatments. Importantly, it is a book that offers answers - and hope - to people with depression, their families and friends.

Taming The Black Dog: A Guide To Overcoming Depression

By Bev Aisbett

(2000). Paperback.

Don't want to get out of bed in the morning? Feeling as though the light at the end of the tunnel is fading? You may be suffering from depression, a condition Winston Churchill referred to as the Black Dog.

Taming the Black Dog is a simple guide to managing depression, which an estimated 1 in 5 people will suffer in one form or another at some time in their lives. This small illustrated tip book contains factual information as well as treatment options.

Modelled on Bev Aisbett's successful *Living with IT*, *Taming the Black Dog* has a unique blend of wit and information and is an invaluable guide for both chronic sufferers of depression as well as anyone with a fit of 'the blues'.

The Depression Workbook - A Guide For Living With Depression and Mania (2nd edition)

By Mary Ellen Copeland with contribution by Matthew McKay

(2002). Paperback, 334 pages.

Those affected with depressive and manic depressive disorders can live fairly normal lives with proper treatment: this title provides self-help tips to supplement treatment programs, providing encouragement for self-advocacy and including recommendations for support and self-help therapy. Based on the latest research, The Depression Workbook contains interactive exercises that provide guidance on essential coping skills and help readers make real changes in their lives. This edition features a new step-by-step strategy for developing a plan to manage symptoms and stay well.

How You Can Survive When They're Depressed: Living and Coping with Depression Fallout

By Anne Sheffield

(1998). Hardcover, 306 pages.

Won a 'Books for a Better Life' Award as well as the 1999 Ken Award from the New York City affiliate of National Alliance for the Mentally Ill, and *Sorrow's Web* (Free Press, 2000) which deals with the topic of motherhood and depression. She has worked as a scientist at the Population and Development Program of the Battelle Memorial Institute and has run her own consulting firm. She lives in New York City.

Is your partner's depression undermining your happiness as a couple? After blaming yourself, losing your self-esteem, and getting angry, you may feel like walking away - even if you're still in love.

With 19 million Americans suffering from depression, you are not alone in your unhappiness. And no one knows what you're going through better than Anne Sheffield, who coined the phrase "depression fallout" in her first book, *How You Can Survive When They're Depressed*, to describe the emotional toll of depression on spouses, parents, lovers, and children. Sharing essential information, compassion, and street-smart advice, Anne Sheffield tells you:

- What you need to know about your partner's mental health and what to do about it ... for your own well-being.
- What experiences, behaviors, and feelings are "normal" when dealing with depressive illness.
- How to overcome your sense of helplessness and take charge of your life.
- Ways to restore your optimism, peace of mind, and sense of humor.
- Where to find a community of peers to offer ongoing support.

Breaking the Patterns of Depression**By Michael Yapko**

(1998). Paperback, 384 pages.

This is a good book that talks about the many different aspects of life that can lead to depression. This book includes many exercises and points for consideration as well as encouragement to change the way you think or feel.

Dealing with Depression: A commonsense guide to Mood Disorders (2nd edition)**By Gordon Parker**

(2002). Paperback, 160 pages.

This is a comprehensive overview of types of depression and their treatment, written by the Head of the Black Dog Institute in Randwick.

Depression and How to Survive it.**By Milligan, Spike.**

(1994). Paperback.

Spike Milligan reveals the dark side of his life in this book which is co-written with his psychiatrist Anthony Clare. He recalls the traumas of his childhood, his highly-strung mother, his largely absent father, the cruelties of a colonial upbringing and of sadism towards animals, the break-up of his first marriage, the mortar bomb which blew him up in Italy and the overwork which gave him a mental breakdown during the "Goon Show". This book charts the development of this depression and his strategies for dealing with it were improvised, as both when he would get drunk with Peter Sellers, and clinically in his discussions with Clare. Spike Milligan's previous books include "Silly Verse for Kids" and "Where have all the Bullets Gone?". Anthony Clare is the author of "Psychiatry and General Practice" and presents the BBC Radio series, "In the Psychiatrist's Chair".

Understanding Depression: what we know and what you can do about it.**By DePaulo, J. Raymond, (MD), Horvitz, L.A., & Jamison, K.R.**

(2002). Hardcover, 304 pages. (Also available in Paperback).

Review from *Publishers Weekly*:

"No one system, organ, or other factor is responsible for depression not one steroid, not one gene, not one neurotransmitter, and not a lesion on one side of the brain or the other. What we seem to have is... a stew with lots of different and exotic ingredients." So explains DePaulo (How to Cope with Depression), psychiatry professor and director of the Affective Mental Disorders Clinic at the Johns Hopkins School of Medicine, in this thoughtful, exhaustive reference on depression for general readers.

DePaulo covers all aspects of the illness what it feels like; who tends to have it (women are two or three times more likely to be diagnosed than men, not necessarily the same thing); the biology of depression; possible courses of therapy; and psychopharmacology. DePaulo also discusses bipolar disorder (manic depression), and he covers both mainstream and alternative treatments. He believes doctors should

involve family and friends of the patient (which, though ideal, is probably impractical for doctors on most health-care plans), and explains how the children and other family members of those with depression are affected by the disease. The chapters on finding the right treatment and how doctors make diagnoses will be extremely useful for those suffering from the disease. Though some of the writing is a touch sloppy and clunky, readers will find this an invaluable resource.

Getting your life back: the complete guide to recovery from depression.

By Wright, Jesse, H., & Basco, M.R.

(2002). Paperback, 400 pages.

If you're reluctant to seek professional help for depression, try reading *Getting Your Life Back*. Written by Jesse Wright, M.D., a psychiatrist and founding president of the Academy of Cognitive Therapy, and Monica Basco, Ph.D., a clinical psychologist, the book is a do-it-yourself handbook for the blue. It helps assess the severity of depression and offers information on its cognitive, behavioral, biological, social and spiritual aspects. And readers who may still require professional help will be better equipped to benefit from the therapies available.

The Depression Sourcebook (2nd edition).

By Quinn, Brian (PhD).

(2000). Paperback, 288 pages.

The Depression Sourcebook is a complete guide to understanding mood disorders, including what can be done to lessen symptoms and alleviate suspected causes. This revised second edition provides new information on psychotherapy, bipolar disorders, depression in children and elderly people, medications, and treatment options such as exercise and nutrition.

When words are not enough: how to choose what's right for you.

By Raskin, V. D.

(1997). Paperback, 336 pages.

Review from the inside flap:

One in four women will experience clinical depression, anxiety, or premenstrual depression in her lifetime. The good news is that popular new prescription drugs like Prozac and Xanax bring much needed relief. The bad news is that many physicians and therapists are unaware of common issues for women. As medical treatment for depression and anxiety has become simpler, more and more general practitioners are prescribing antidepressants, often with little background in the non-medical alternatives or complex mind-body interactions.

Beating the blues: Self Help for Depression (Headline Health Kicks).

By McConville, B.

(1996). Paperback.

Taking you through the numerous ways you can help yourself to overcome depression, this book shows you that there is much you can do to promote your own well being and stay positive - even when you feel in the depths of despair.

Surfing the blues: a Guide to Understanding and Coping with Mood Disorders, Panic Attack and Manic-Depressive Illness.

By Rzecki, Catherine.

(1998). Paperback, 224 pages.

Combining a personal history with a medical explanation, this is an account of the author's experience of the devastating effects of manic depression, anxiety and panic attacks. The book is intended as an aid for the sufferers of mood disorders, as well as their family and friends

When someone you love is depressed: how to help your loved one without losing yourself.

By Rosen, L.E., & Amador, X.

(1997). Paperback, 272 pages.

Industry Recommended. If someone you love is depressed, or you are close to a depressed person, you are at a much higher risk of developing problems yourself, including anxiety, phobias, and even a kind of contagious depression. Through compelling real life stories and step by step advice, Rosen and Amador show how you can express your feelings and get your needs met while strengthening your relationship; how you can provide the kind of support that is most helpful in recovery from depression; and how you can encourage the depressed person to seek treatment.

Depression : The Need to Go Within (e-book)

By Susan Dunn, M.A,

Electronic-book, available from:

(<http://www.webstrategies.cc/ebooklibrary.html#depression>)

Depression isn't just "feeling sad". Depression has many faces.... In fact we might call it a "syndrome" because it acts different ways on different people.

It can be irritability, lethargy, sadness, feeling hopeless, giving up, losing interest in people and things, inability to maintain eye contact, hyperactivity, out-of-control temper, hostility, wanting to sleep all the time, not being able to sleep at all, obsessing or not being able to focus, compulsive acts or not wanting to do anything, eating too much or too little, smoking or drinking. It affects memory, mood, disposition, personality and behavior. It affects every aspect of our lives, negatively.

With a review of the current research, resources, remedies, and personal anecdotes, Susan makes sense out of this confusing way of being that can deprive us of enjoyment in life itself.