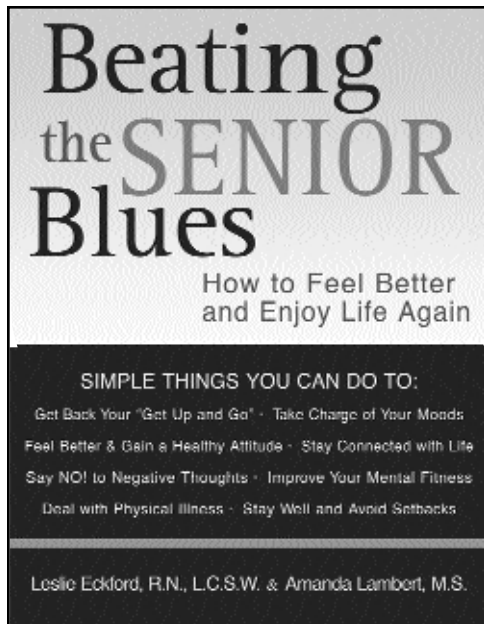


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Lorna Garano 510-652-0215 X107/lorna@newharbinger.com

We are pleased to announce the publication of . . .



Beating the Senior Blues

**How to Feel Better and
Enjoy Life Again**

**By Leslie Eckford, R.N., L.C.S.W. &
Amanda Lambert, M.S.**

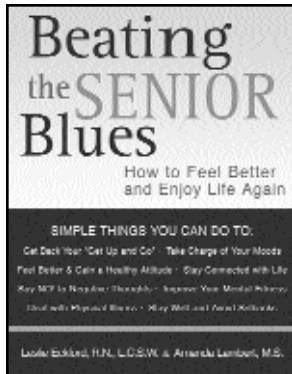
Have Your Golden Years Turned Blue?

*Please consider this helpful new book for review,
for excerption, and for your booklist.*

BEATING THE SENIOR BLUES
ITEM YCBS ISBN 1-57224-272-8, (PAPER), \$17.95, 239 PAGES
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You don't outgrow depression

Age-related depression, until recently unrecognized and untreated, is a serious problem affecting nearly 6 million older adults. Loss of loved ones and social contacts through illness and death, decreased mobility, health problems, finances, and entrenched negative thinking all contribute to elder depression.

From two gerontology experts comes this groundbreaking self-help guide *You Can Beat the Senior Blues*, a skills-building workbook that helps older adults begin the process of understanding and coping with their own depression. It provides information, tools, methods, and support resources to deal with and overcome their depression. Readers learn to set goals for feeling better physically with nutrition and exercise, as well as improve daily functioning, evaluate the available medication options, deal with anxiety, make important social connections, build self-esteem, and overcome the grief and sadness in their lives that often leads to depression. By connecting with their community resources and learning to cope with their mental state, these seniors can overcome their depression and find enjoyment once again.

Older people, their adult children, and their caregivers will find this book a valuable resource. By acknowledging the problem and the forms it takes, such as isolation, stress, worry, loneliness, and fear, readers will learn to recognize the symptoms of depression and take steps to deal with it, rather than withdrawing or giving up.

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Suggested Interview Questions for

1. How can a senior's attitude about aging be a contributing factor to depression?
2. Why do you recommend that seniors struggling with depression find a "coach" to help them cope and what are some qualities they should look for in a coach?
3. In *Beating the Senior Blues* you say that "social interactions can keep you happy and healthy." Can you explain this?
4. You suggest some exercises for changing the negative thoughts that can fuel depression. Can you describe one of them?
5. Many seniors are faced with multiple losses and this can play a role in triggering depression. What are some of common losses that affect seniors and how can they transform them into an opportunity for growth?
6. *Beating the Senior Blues* has a chapter devoted to medication. What are some tips for taking medications safely and getting the maximum benefit from them?
7. Depression and anxiety can go hand in hand. What are some of the major causes of anxiety in the elderly and what are a few simple things they can do to cope?
8. Exercise is key in maintaining a healthy attitude, but people of all ages can have trouble sticking to a regular routine. What are some common reasons for inactivity in seniors and how can they combat them?
9. What or who are the "independence zappers" and why do seniors need to watch out for them?
10. You say that practicing relapse prevention is the key to success. What are some essentials of relapse prevention and how can seniors stay motivated to maintain good mental health?

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About the Authors of



Amanda Lambert, M.S., is a specialist in the senior mental health community and the President of the Utah Gerontological Society.

Visit the authors' website at:
www.mindfulaging.com



Leslie Eckford is a licensed clinical social worker and psychiatric nurse. She specializes in geriatric psychiatry.

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What's been said about . . .

"*Beating the Senior Blues: How to Feel Better and Enjoy Life Again* may change your life or the life of someone you love. Written in easy-to-understand English, not difficult professional jargon, it can be used as a self-help guide or as a tool to facilitate interaction with health-care professionals. I highly recommend it!"

—**Byron D. Bair, M.D.**, Director of the Geriatric Medicine and Psychiatry Program
and Medical Director for the Geriatric High Risk Liaison Program at the
Salt Lake City Veterans Administration Medical Center

"Amanda Lambert and Leslie Eckford have compiled a valuable publication that identifies the most important issues that many seniors confront as they deal with the challenges that often accompany aging. I highly recommend this book to anyone interested in finding ways to help themselves deal with loss, grief, anxiety, and depression."

—**Dale A. Lund, Ph.D.**, Director & Professor, University of Utah Gerontology
Center and author, *Older Bereaved Spouses* and *Men Coping with Grief*

"An excellent resource for seniors and the family members who love them. The authors have prepared a practical, well-researched road map for guiding readers through the process of overcoming depression and anxiety. I will certainly be referring this book to my senior clients who want to take charge of their mental health care."

—**Linda J. Mabey, APRN**, therapist and Assistant Professor of Nursing,
University of Utah

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