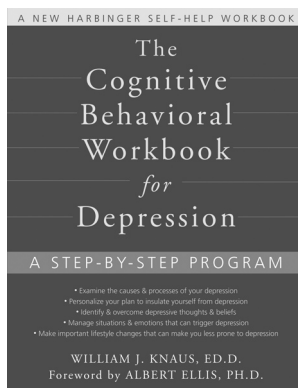


**“Defeating depression rarely follows a straight line. Many events can occur in the gap between where you start and where you want to be. A prime impediment to overcoming depression...is depression itself.”**

—William J. Knaus, ED.D.



In his new step-by-step workbook for those who desire a tool for conquering their depression, either on their own or with a therapist, Dr. William Knaus draws from the work of close associate and foreword author Albert Ellis, Ph.D., who pioneered a form of psychotherapy that combined detecting and changing irrational thoughts with techniques for replacing negative behaviours with positive ones.

A form of cognitive behavior therapy, this treatment (called rational emotive behavior therapy, or REBT) has proven effective in treating conditions like anger, anxiety, and depression. In ***The Cognitive Behavioral Workbook for Depression*** (New Harbinger; \$19.95) Knaus uses the REBT techniques to develop a powerful and comprehensive self-help workbook for the treatment of depression. This book will help readers to:

- Develop a personalized plan for change
- Assess their depression and learn how to overcome it
- Defeat thoughts of helplessness, worthlessness, and self-blaming
- Avoid perfectionism and the frustration it causes
- Manage stress and symptoms of depression

## About William J. Knaus, ED.D.



**William J. Knaus, Ed.D.**, is a licensed psychologist with over forty years of clinical experience in working with people suffering from depression. He has appeared on numerous regional and national television shows including NBC's *Today Show*, and over 100 radio shows. His ideas have appeared in national magazines such as *U.S. News and World Report* and *Good Housekeeping*, and major newspapers such as *The Washington Post* and *Chicago Tribune*.

Dr. Knaus is one of the original directors of training at the Albert Ellis Institute and is the author of twelve other books including *Overcoming Procrastination*. He lives in Longmeadow, MA.

**NEXT: Raves for the book**

**FOR AN INTERVIEW REQUEST OR MORE INFORMATION CONTACT:  
Earlita Chenault, 510-652-0215, ext.142, earlita@newharbinger.com**

**The Cognitive Behavioral Workbook for Depression: A Step-By-Step Program  
by William J. Knaus, ED.D., ISBN-10: 1-57224-473-9, ISBN-13: 978-1-57224-473-3, \$19.95, 8.5 x 11, 296 pages  
Published in November 2006, by New Harbinger Publications, 800-748-6273, www.newharbinger.com**

## Raves for *The Cognitive Behavioral Workbook for Depression*

"*The Cognitive Behavioral Workbook for Depression* sets a new high standard for psychological self-help books. Within these pages, Knaus blends rational emotive behavioral therapy, cognitive therapy, and cognitive behavioral therapy with his insights and innovative techniques to create a powerful step-by-step program for defeating depressive thinking and preventing relapses."

—**Richard Sprinthall, Ph.D.**, professor of psychology and director of graduate studies in educational psychology at American International College in Springfield, MA

"Here is a great source for anyone interested in learning the causes, consequences, and cures of depression. The book is a great resource for practitioners seeking effective and efficient ways to assist clients in working their way out of depressive states. It's an easy read, both informative and well-organized."

—**Joseph R. Ferrari, Ph.D.**, professor of psychology at DePaul University and editor of the *Journal of Prevention and Intervention in the Community*

"Using the REBT format, Knaus' [book] is much more than a workbook. It is accessible and practical and simply the best self-help guide to the nature and non-pharmacologic treatment of depression available to sufferers—and their families. It is a wonderful supplement to professional help."

—**Joseph Gerstein, MD, FACP**, assistant clinical professor of medicine at Harvard Medical School (ret.) and diplomat of the American Academy of Pain Management

"How to conquer depression with self-education is Knaus' gift to readers in his new book...he teaches the reader how to quickly identify and overcome the main components of his or her individual depression. Self-disclosure and case examples offer a realistic perspective and encouragement to anyone struggling with depression's demons. Knaus offers us here a most hopeful book on depression!"

—**Deborah Steinberg, MSW**, private practitioner and coauthor of *How to Stick to a Diet*

### NEXT: Suggested Interview Questions

**FOR AN INTERVIEW REQUEST OR MORE INFORMATION CONTACT:  
Earlita Chenault, 510-652-0215, ext.142, [earlita@newharbinger.com](mailto:earlita@newharbinger.com)**

## Suggested Interview Questions for William Knaus, ED.D.

1. With so many prescription drug commercials and daytime talk shows, depression has become a word that is casually thrown around. What exactly is depression—its symptoms, types, and causes?
2. Your book covers depression extensively, from its history in early civilization onward, to self-evaluations and case studies. It includes many innovative ideas. With so much to offer, how are readers most likely to benefit from reading your book and applying its techniques?
3. The *Cognitive Behavioral Workbook on Depression* emphasizes defeating depressive thinking and engaging in problem-solving actions. How does changing depressive thinking lead to a reduction in depression?
4. Throughout your book you mention that depression is often cyclical and commonly recurs for those who suffer from it, which is a depressing fact on its own. What do you suggest readers do to break free from the cycle or to better cope with it?
5. What innovations are present in the book that can help a reader overcome depression?
6. Is there a “quick fix” for depression?

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