

Research suggests that 60 percent of those with depression also suffer from an anxiety disorder. In *Depressed & Anxious* Thomas Marra provides a breakthrough plan for treating mixed depression and anxiety.

**FOR AN INTERVIEW REQUEST OR MORE INFORMATION CONTACT:
Lorna Garano, 510-652-0215, x107, lorna@newharbinger.com**

Imagine being a traffic cop in a land where all lights are green all the time. If you have mixed anxiety and depression you probably know how this would feel. Anxiety brings anguish, fear, and worry; while depression spurs despair, apathy, and fatigue, and there you are in the middle of it trying to negotiate emotions that are contradictory, yet equal in intensity. You're frightened about the future, yet you lack the impetus to change it. You're afraid of being alone, yet you want nothing more than to shut out the world. You crave fun, but you have no energy for social events.

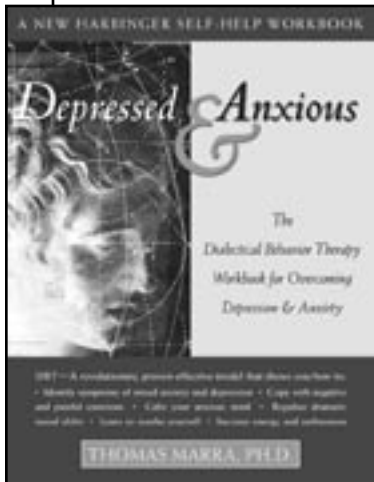
Psychologist Thomas Marra knows how difficult it is to resolve these kind of mental and emotional Catch-22s. It's why he's written *Depressed and Anxious*, and it's why he's adapted dialectical behavior therapy (DBT) techniques for lay persons who want to end the push-pull of anxiety and depression.

DBT is a breakthrough therapy that teaches us to recognize and resolve the conflicting drives, emotional states, and needs that can leave us feeling like we're on an endless tour of a not-so-fun fun house, and that we've checked any sense of purpose and meaningfulness at its door. Because of this it is uniquely suited for those with cooccurring depression and anxiety. With a compassionate tone and clear, jargon-free language Marra provides DBT-based exercises and suggestions

for climbing out of the mire of anxiety and depression. Here's just some of what he offers in *Depressed & Anxious*:

- **A complete, lay-person's understanding of what DBT is and how it can help;**
- **Step-by-step exercises for resolving the push-pull of conflicting emotions and urges;**
- **Tools for making compromises to the common conflicts that arise from having mixed anxiety and depression;**
- **Exercises for creating a sense of meaning and purpose in life;**
- **Ways to regulate emotions and minimize their power over you;**
- **Self-esteem building exercises that undo the damage that depression and anxiety do to self-image; and**
- **Tools to develop mindfulness and gain perspective on your inner and outer experiences.**

A staggering 60 percent of those with depression also have some form of anxiety, yet up until now we have not had strategies for treating these common disorders when they occur simultaneously. Thomas Marra is the first to offer self-help for the long under-recognized condition of mixed anxiety and depression. In *Depressed & Anxious* he has created a workbook that is unique in its focus, state-of-the art in its concept, and eminently useful to its reader.



**Depressed & Anxious: The Dialectical Behavior Therapy Workbook for Overcoming Depression & Anxiety
By Thomas Marra, Ph.D., ISBN: 1-57224-363-5, \$19.95, Published in May 2004, by New Harbinger Publications,
800-748-6273, www.newharbinger.com**

About Thomas Marra, Ph.D.

Thomas Marra, Ph.D., is the president of the Center for Dialectical Behavior Therapy in Monterey, California, and founder and clinical director of both the Monterey Psychiatric Health Facility and the Monterey Mental Health Network.

Dr. Marra has twenty-five years of clinical experience and has practiced in both inpatient and outpatient settings, including the Walter Reed Medical College in Washington, DC. He is a former military psychologist and he directed the first-ever inpatient unit to apply a treatment based totally on DBT theory and techniques.

Suggested Interview Questions

1. Can you give us a primer on what dialectical behavior therapy is and why do you say it's an "especially powerful set of strategies to use when you have mixed symptoms (of depression and anxiety)?"
2. Given that so many people suffer from mixed anxiety and depression, why do you think clinicians and researchers have traditionally studied depression and anxiety independent of each other?
3. In *Depressed & Anxious* you have a chapter called "Dialectics of Anxiety & Depression," in which you address some of the common conflicting pairs of emotions and urges that those with mixed anxiety and depression face. What are a few of them and how can they be resolved?
4. What is invalidation and what role does it play in mixed anxiety and depression?
5. You talk about the need to differentiate your feelings from your identity, but for those struggling with the all-encompassing symptoms of depression and anxiety this can seem impossible. What do you say to them?
6. In *Depressed & Anxious* you have a chapter entitled "Making Meaning." How can someone riddled with so many conflicting urges and emotions come to find a sense of meaning when life seems so random and chaotic?
7. What does it mean to be "mindful" and why do you think it's important for recovery?
8. What is the difference between a primary and secondary emotion?
9. What are a few common beliefs that prevent us from engaging in positive experiences and how can we change them?
10. You provide a set of "distress tolerance skills" in your book. How do you define distress tolerance and what are a few of these skills?

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Raves for *Depressed & Anxious*

“Marra’s book penetrates the jargon of dialectics, making the fundamental DBT concept accessible to his readers. His stylistic and prosaic voice makes this an eminently readable self-help manual even as he draws upon psychological research, clinical practice, and classic literature.”

—**Scott E. Spradlin, MA**, author of *Don’t Let Your Emotions Run Your Life: How Dialectical Behavior Therapy Can Put You in Control*

“At last, a comprehensive and straightforward workbook to introduce the power of DBT to clients—and even to professionals. This workbook will be an invaluable and efficient resource for the substantial portion of clients who can benefit from DBT but don’t need the full protocol of intensive individual and group psychotherapy. Marra has performed a substantial service.”

—**A. Thomas Horvath, Ph.D., ABPP**, president of Practical Recovery Services in San Diego, CA, past president of the American Psychological Association Division of Addictions, and author of *Sex, Drugs, Gambling, and Chocolate: A Workbook for Overcoming Addiction*

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