

Ending the Depression Cycle

A Step-by-Step Guide for Preventing Relapse

Peter J. Bieling, Ph.D. & Martin M. Antony, Ph.D.

FOREWORD BY Aaron T. Beck, MD

FOR A REVIEW COPY OR INTERVIEW REQUEST CONTACT:

Lorna Garano, 510-652-0215, x107,

lorna@newharbinger.com

FOR IMMEDIATE RELEASE

Over 50 percent of the 17 million Americans who sufferer from depression will have at least one relapse. Twenty-five percent will experience more than six. After each bout of depression the likelihood of another episode increases, and about 66 percent of sufferers report fleeting depressive symptoms between full-blown episodes. Despite this, few of us think of depression as an episodic illness and even fewer recognize that staying free of depression is as important as treating it when it hits.

Now, for the first time, readers have an essential tool kit for avoiding relapse. In *Ending the Depression Cycle*, Peter J. Bieling and Martin M. Antony provide a breakthrough guide for preventing a recurrence of depression. They show readers how to:

- Recognize and chart their depression cycles;
- Keep stress from triggering a depression episode;
- Understand medication options;
- Cope with the anxiety that often accompanies depression;
- Develop healthy lifestyle habits that help keep depression at bay;
- Overcome perfectionism and self-criticism; and
- Use mindfulness techniques to stay emotionally balanced.

Depression is at an all-time high in the US, and while stories of those who have “conquered” it and gone on to lead dynamic lives abound, the truth is that depression is not like chicken pox: You don’t become immune to it after it heals. *Ending the Depression Cycle* gives readers the skills they need to keep this recurring illness from recurring.

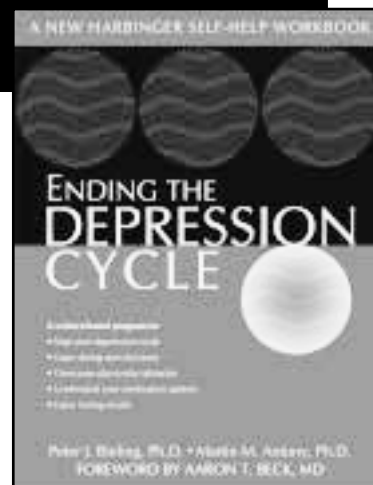
THE FACTS

- The World Health Organization cites depression as one of the leading causes of disability worldwide. In the US alone 17 million people suffer from it.
- Depression is now believed to be an episodic illness, which recurs in more than 50 percent of the people afflicted with it.
- *Ending the Depression Cycle* offers easy-to-learn, self-help techniques based on cognitive behavioral therapy, interpersonal therapy, and mindfulness meditation, which have been scientifically shown to reduce the rate of relapse.
- Authors Peter J. Bieling, Ph.D., and Martin M. Antony, Ph.D., are renowned clinicians who specialize in the treatment of depression.

ENDING THE DEPRESSION CYCLE, 1-57224-333-3, (paper), \$17.95, 259 pages

New Harbinger Publications, 5674 Shattuck Ave., Oakland, CA 94609

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SUGGESTED INTERVIEW QUESTIONS

1. What is the difference between depression and sadness and how can someone tell if what they're suffering is depression or just a blue mood?
2. It's only been in recent years that depression has been recognized as an "episodic" illness. What caused this change in our understanding of it and what are a few myths about depression and relapse?
3. Even though there's been a lot in the news about antidepressant medications, in *Ending the Depression Cycle* you say that there are still some myths about them. What are a few of these?
4. In recent years there's been some research done on which therapeutic and medication options offer the best chances of keeping depression at bay. What are some of the findings of this research?
5. What is "No-Gain Avoidance" and how can it hinder someone from sticking to a program of psychotherapy designed to keep them in remission?
6. What is the "thinking approach to depression" and why do you recommend self-help exercises based on it?
7. You say that sleep and exercise are areas that should not be left to chance. Why?
8. What is mindfulness meditation and what role can it play in preventing relapse?
9. What role can stress play in triggering a relapse and what are a few stress-reduction techniques that you think are helpful?
10. In *Ending the Depression Cycle* you have a chapter entitled "You Don't Need to Be Perfect." How does perfectionism contribute to depression and relapse and what are a few ways of overcoming it?

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A B O U T T H E A U T H O R S

Peter J. Bieling, Ph.D., is Assistant Professor in the Department of Psychiatry and Behavioural Neurosciences at McMaster University and Director of Mood and Anxiety Services of St. Joseph's Healthcare, Hamilton, Ontario. Dr. Bieling completed his Ph.D. in clinical psychology at the University of British Columbia and did his postdoctoral training at the Center for Cognitive Therapy, University of Pennsylvania and the Beck Institute for Cognitive Therapy. He has authored many articles in the area of depression, particularly the psychological factors that are associated with depression and vulnerability to depression. Dr. Bieling is also a Founding Fellow in the Academy of Cognitive Therapy and has written extensively about therapy for depression. In addition to his research activities and academic work, he is an active therapist and teacher of cognitive behavioral therapy and a consultant in private practice.

Martin M. Antony, Ph.D., is Associate Professor in the Department of Psychiatry and Behavioural Neurosciences at McMaster University. He is also Chief Psychologist and Director of the Anxiety Treatment and Research Centre at St. Joseph's Healthcare in Hamilton, Ontario. He received his Ph.D. in clinical psychology from the University at Albany, State University of New York, and completed his predoctoral internship training at the University of Mississippi Medical Center. Dr. Antony has published nine books, including *The Shyness and Social Anxiety Workbook* (2002) and *When Perfect Isn't Good Enough* (1998). He has also published more than eighty scientific papers and book chapters in the areas of cognitive behavioral therapy and anxiety disorders. Dr. Antony has received early career awards from the Society of Clinical Psychology (American Psychological Association), the Canadian Psychological Association, and the Anxiety Disorders Association of America, and is a Fellow of the American and Canadian Psychological Associations. He was recently President of the Anxiety Disorders Special Interest Group of the Association for Advancement of Behavioral Therapy (AABT) and was Program Chair for the 2001 AABT meeting. Dr. Antony is actively involved in clinical research in the areas of anxiety disorders, teaching, and education, and maintains a clinical practice.

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R A V E S

“This book could be the light at the end of the tunnel for people who have been depressed more than once. Based on the latest research, this book is smart and simple to understand. Each chapter describes steps to take that can help you get off the misery-go-round of recurring depression.”

-Christine A. Padesky, Ph.D., author of, *Mind Over Mood: Change How You Feel by Changing the Way You Think*

“*Ending the Depression Cycle* provides a clear and useful guide to new and scientifically proven techniques and strategies for the prevention of relapse and recurrence in depression. It should be of real benefit to anyone who has ever struggled with depression, as well as the people who care about them.”

-Steven D. Hollon, Ph.D., Department of Psychology, Vanderbilt University, Nashville

“This important new book offers a compendium of approaches, both proven and innovative, designed to help readers not only clear a path through the thicket of their depression but also to keep themselves on the road to recovery. Written in an engaging and accessible manner, it represents a real advance in depression care.”

-Zindel V. Segal, Ph.D., Morgan Firestone Chair in Psychotherapy and Professor of Psychiatry and Psychology, University of Toronto

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