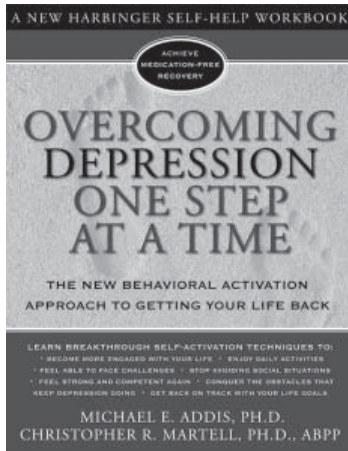


New book uses “behavior activation” therapy to effectively treat depression



In this breakthrough workbook that uses behavior activation to treat depression, readers learn to see their depression in a different light than they have before. Rather than thinking that something is “wrong” with them, or that depression is a weakness, or a biological illness, readers learn that their depression is a sign that something is not working in their lives.

Following the book’s user-friendly step-by-step format, readers are encouraged to focus on activities that will help them feel happy and engaged with life again. They first develop a list of activities that they enjoy, or need to engage in as a part of a normal and satisfying life. Then, beginning with the easiest (or sometimes the most indispensable) activities on the list, they learn how to tackle them, one by one. This simple yet profound process reinstates contact with naturally occurring rewards - pleasure, mastery, and accomplishment - which in turn overcomes depression.

Readers go on to change how they approach their daily activities, life choices, and the way they cope with challenging situations. Behavior activation is easy to master and has been shown to be as effective, if not more effective, than other treatments for depression.

Raves for *Overcoming Depression One Step At A Time*

“Addis and Martell are on the cutting edge of research on psychological treatments for depression. Now they have adapted one of the most powerful new psychological treatments for depression into an easy-to-use and convenient workbook that will be of enormous benefit to both individuals suffering from depression and therapists conducting treatment. The authors are the first to make this program generally available to clinicians and the public and, in its straightforward easy to understand format, millions of people should benefit.”

—David H. Barlow, Ph.D., professor of psychology and director of clinical programs at Boston University

“*Overcoming Depression One Step at a Time* is based on the premise that depression arises not from within, as a result of biological or psychological processes, but from without, as a result of the environment and way that different behaviors get reinforced in society ... The authors are to be congratulated for writing a very accessible, practical and creative guide to working with key elements of depression. Even seasoned clinicians will gain new ideas about how to work in the area of depression, having read and tried the ideas in this book.”

—Keith Dobson, Ph.D., professor of clinical psychology at the University of Calgary, Canada

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

Overcoming Depression One Step At A Time
by Christopher R. Martell, Ph.D., and Michael E. Addis, Ph.D.
ISBN: 1-57224-367-8, \$21.95, 190 pages
Published in October 2004 by New Harbinger Publications,
800-748-6273, www.newharbinger.com

About the Authors



Michael E. Addis Ph.D., is an Associate Professor in the Department of Psychology at Clark University. Dr. Addis received his B.A. from the University of California, Berkeley, and his Ph.D. from the University of Washington. He has published over 40 scientific articles and books on a variety of topics, and in 1997 received the President's New Researcher Award from the Association for the Advancement of Behavior Therapy. The recipient of the Researcher Of The Year award from the Society for the Psychological Study of Men and Masculinity in 2003, Dr. Addis resides in Massachusetts.

Christopher R. Martell, Ph.D., ABPP, is clinical associate professor of psychology at the University of Washington in Seattle, WA, where he also maintains a private practice. He is board certified in clinical psychology and behavioral psychology by the American Board of Professional Psychology and is a founding fellow of the Academy of Cognitive Therapy.

Suggested Interview Questions

1. The title of your new book—***Overcoming Depression One Step At A Time***—seems self explanatory, but please tell me exactly what this workbook will help readers accomplish?
2. What triggers depression?
3. Are there some people who are more susceptible to depression, and if so, why?
4. What is a *depressogenic society*? Would you say that we live in one in the U.S.? If so, why?
5. To whom would you recommend this book? Will it assist people suffering from different levels of depression?
6. What is *behavior activation* and how is it used in your book to treat those with depression?
7. How does behavior activation compare to other forms treatments for depression?
8. You state in the book that medication is becoming an increasingly common treatment for depression, but that patients who are treated with medication alone often relapse once they're off the medication. Can you explain why?

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