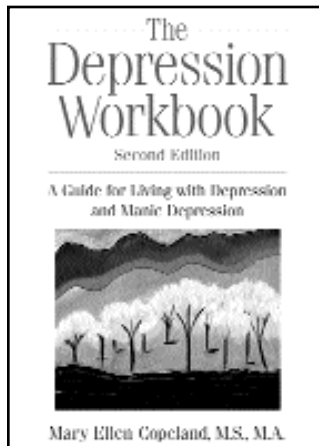


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## New research New strategies Old friend

*The Depression Workbook, Second Edition* builds on the latest research to offer a step-by-step, self-help guide for:

- taking responsibility of your own wellness;
- using charts to track and control moods;
- finding appropriate mental health professional;
- building a support system;
- increasing self-confidence and self-esteem;
- using relaxation, diet, exercise, and full-spectrum light to stabilize your moods;
- and avoiding conditions that can exacerbate your mood swings.

The new edition contains an updated medical overview chapter, including new research on medications for treating depression. Also included is a new chapter that guides readers in developing their own plan for managing symptoms and staying well. This planning process, known as the Wellness Recovery Action Plan (WRAP), was developed by a group of people who experience depression. WRAP is now used by individuals and health care treatment centers all over the world. Those incorporating the system into their lives report that it has helped them to relieve their depression and has improved the quality of their lives.

Expanding on particular treatment strategies in greater detail, each chapter allows readers to note their own responses to vital self-help queries. Building on one another, their answers will add up to a program for change. *The Depression Workbook, Second Edition* offers insight, energy, and hope. Updated resources for support and mental health professionals are also included.

THE DEPRESSION WORKBOOK, SECOND EDITION  
ITEM DWR2 ISBN 1-57224-268-X, (PAPER), \$19.95, 350 PAGES  
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## *Suggested Interview Questions for*

### The Depression Workbook, Second Edition

1. Since the first edition of *The Depression Workbook*, a lot of new research has been done about depression. How do you incorporate this into the second edition?
2. You recommend that readers develop a "wellness recovery action plan." What is this and how can it minimize symptoms?
3. There is a common misconception that new drugs are a panacea and that self-help techniques can be discarded once medication is prescribed. What are some lifestyle changes that should be considered whether or not a depression sufferer is on medication?
4. What are some day-to-day activities that can be used to manage the symptoms of depression?
5. How can scheduling and planning help depression?
6. Your book also deals with mania. What are some common symptoms of it and what are some strategies for dealing with them?
7. What are some common fears that depression sufferers have and how can they mitigate them?
8. What role does relaxation play in stabilizing mood?
9. What are some foods to avoid when you trying fight depression and which are some that you should include in your diet?
10. What are some possible causes of mood disorders, such as depression?

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## *About the Author of*

### The Depression Workbook, Second Edition

MARY ELLEN COPELAND, M.S., M.A., is a distinguished teacher, writer, and lecturer from Brattleboro, Vermont. She is the author of *The Depression Workbook*, *Living without Depression and Manic Depression*, *Fibromyalgia & Chronic Myofascial Pain Syndrome*, *Winning Against Relapse*, *The Worry Control Workbook*, and *Healing the Trauma of Abuse*. Her audiotapes, *Living with Depression and Manic Depression* and *Winning Against Relapse*, and her videotape, *Coping with Depression*, are widely used by therapists and depression clinics

## *What's been said about . . .*

### The Depression Workbook, Second Edition

"THE SECOND EDITION OF THIS EMINENTLY USEFUL guide offers readers proven and active courses of action for getting and staying on the road to wellness. Mary Ellen Copeland is an author who thoroughly understands depression and manic depression, and the book's effective techniques and clear organization illustrate her commitment to facilitating real healing. Once again, Copeland has produced one of the very best books on the subject."

-Lauren Dockett, author of *The Deepest Blue:  
How Women Face and Overcome Depression*

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