



## **Breaking Free from Depression: Pathways to Wellness (Guilford Self-Help Workbook)**

*By Jesse H. Wright, Laura W. McCray*

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When it comes to treating depression, one size definitely doesn't fit all. How do you find the science-based treatment that will work for you? What can you do to restore the fighting spirit and motivation that are so essential for overcoming this illness? Leading psychiatrist-researcher Jesse Wright and his daughter, Laura McCray, a family physician, have helped many thousands of depressed patients discover effective pathways to wellness. Here they describe powerful treatment tools and present a flexible menu of self-help strategies you can try today or turn to in the future. Dozens of reproducible worksheets and forms are included for you to complete in the book or download and print for repeated use. Learn proven ways to break the cycle of negative thinking, restore energy and a sense of well-being, strengthen your relationships, and make informed decisions about medications. You can beat depression and keep your life headed in a positive direction. This book shows how.

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## Editorial Review

### Review

"This valuable book provides clear pathways for overcoming depression. It can be helpful to anybody experiencing depression, whether mild or severe. The authors are both experts in the field."--Aaron T. Beck, MD, developer of cognitive therapy

"A 'must-have' for finding a way through the pain of depression. Drs. Wright and McCray draw on their skill and wisdom to provide a comprehensive map. You'll learn about different types of depression, how to find the treatment approach that fits best, and how to integrate it seamlessly into daily life. This book provides just what you need to move forward with hope."--Mark Williams, PhD, coauthor of *The Mindful Way through Depression*

"An accessible guide for individuals who are struggling to understand depression....Provides important information to those directly and indirectly affected by the confusing and painful symptoms of depressive illness."--Kay Redfield Jamison, PhD, author of *An Unquiet Mind* and *Nothing Was the Same*

"This invaluable guide, written by a psychiatrist and a family doctor, is unique in its balanced coverage of psychotherapy, medication, and other treatments for depression. It is clearly written and chock-full of tips and resources. If you suffer from depression, this is the best single book I've seen for you and your family."--Michael E. Thase, MD, coauthor of *Beating the Blues*

"Drs. Wright and McCray have done something remarkable, even unprecedented. They have taken all of the best self-management strategies for depression and translated them into materials you can use to support your own recovery. This is the first resource of its kind--and it can help you deal successfully with depression."--Frank Verloin deGruy III, MD, Chair, Department of Family Medicine, University of Colorado School of Medicine

"Wright and McCray have compiled a wealth of information about depression--its causes, treatment, and how sufferers can contribute to their own recovery. Drawing on elements of all the proven treatments for depression, the book provides clear guidance and practical steps for those experiencing depression as well as their friends and family members. Because the book is organized in relatively brief but cohesive chapters, readers really can take the one-step-at-a-time approach to resolving depression that Wright and McCray recommend."--Ellen Frank, PhD, Distinguished Professor of Psychiatry and Professor of Psychology, University of Pittsburgh School of Medicine

"This book gave me hope, understanding, and just the right kind of practical help that I need. I really like how it integrates multiple strategies to combat depression."--T. H.

"Depression, the 'common cold' of mental illness, is a complex problem. To help those afflicted with this debilitating illness, the father-and-daughter team of Wright...and McCray...have written a holistic work that provides sufferers with guidance on how to navigate through the slough of despair....Readers will

undoubtedly glean practical self-management strategies, and they can implement those most helpful to them. This resource is packed with worksheets, charts, logs, exercises, checklists, and illustrations....This balanced and responsibly eclectic guide will benefit treatment seekers."

*(Library Journal 2011-10-26)*

"The book is very well organized and understandable for many different types of readers. The intended target audience for the book is the layperson, but it might be a useful resource for any professional therapist, clinician, or researcher interested in working with clients on an individualized basis or further investigating through research the recommended six paths of treatment. The book is well organized, logical in its sequencing of book-section topics, well written in both content and tone, and presents complex diagnosis and treatment issues in a user-friendly manner. The combination of research and case examples illustrates the utility of different clinical treatment approaches and help to educate professionals on many different factors to be considered for therapeutic decision-making purposes....A very useful guide for anyone interested in better understanding depression, its many different causes, and how treatment options can help a person successfully recover from depression and live a positive, healthy life."

*(Activities, Adaptation and Aging 2014-09-09)*

#### About the Author

Jesse H. Wright, MD, PhD, is Professor of Psychiatry and Director of the Depression Center at the University of Louisville. A well-known authority on depression and cognitive-behavior therapy, he is the author of award-winning books for both the general public and professionals. Dr. Wright was Founding President of the Academy of Cognitive Therapy, is a Fellow of the American College of Psychiatrists, and received the Distinguished Educator of the Year Award from the University of Louisville.

Laura W. McCray, MD, practices family medicine in Burlington, Vermont, with a focus on mental health in primary care. She is Clinical Assistant Professor of Family Medicine and Associate Director of the Family Medicine Residency Program at the University of Vermont. A recipient of four Family Medicine Teaching Awards from the University of Pennsylvania and the University of Vermont, Dr. McCray lives in rural Vermont with her husband and young son. She is very pleased to be collaborating with her father on this book.

## Users Review

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#### Frank Farrow:

The actual book Breaking Free from Depression: Pathways to Wellness (Guilford Self-Help Workbook) has a lot info on it. So when you read this book you can get a lot of help. The book was written by the very famous author. The writer makes some research before write this book. This book very easy to read you can obtain the point easily after reading this book.

**Joycelyn Chambers:**

Playing with family in a very park, coming to see the water world or hanging out with buddies is thing that usually you may have done when you have spare time, and then why you don't try point that really opposite from that. One particular activity that make you not feeling tired but still relaxing, trilling like on roller coaster you are ride on and with addition of knowledge. Even you love Breaking Free from Depression: Pathways to Wellness (Guilford Self-Help Workbook), you could enjoy both. It is very good combination right, you still need to miss it? What kind of hangout type is it? Oh come on its mind hangout guys. What? Still don't understand it, oh come on its named reading friends.

**Laura Buscher:**

In this period of time globalization it is important to someone to obtain information. The information will make a professional understand the condition of the world. The condition of the world makes the information much easier to share. You can find a lot of sources to get information example: internet, newspaper, book, and soon. You can view that now, a lot of publisher which print many kinds of book. The actual book that recommended for you is Breaking Free from Depression: Pathways to Wellness (Guilford Self-Help Workbook) this publication consist a lot of the information in the condition of this world now. That book was represented just how can the world has grown up. The language styles that writer use for explain it is easy to understand. The particular writer made some analysis when he makes this book. Honestly, that is why this book suitable all of you.

**Robert Tanaka:**

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