



## Breaking the Patterns of Depression

By Michael Yapko

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### **Breaking the Patterns of Depression** By Michael Yapko

Twenty to thirty million Americans suffer from some form of diagnosable depression, and their ranks are growing. Psychologist Michael D. Yapko explains that in order to find relief, more than the current episode of depression must be examined. In *Breaking the Patterns of Depression*, he presents skills that enable readers to understand and ultimately avert depression's recurring cycles. Focusing on future prevention as well as initial treatment, the book includes over one hundred structured activities to help sufferers learn the skills necessary to become and remain depression-free.

*Breaking the Patterns of Depression* begins by translating the clinical literature on psychotherapy and antidepressant medication into language that can be used to enhance an understanding of depression, and to personalize individual cures. Yapko uses a conversational, anecdotal tone that encourages readers to take an active approach to helping themselves. Special sections entitled "Learn by Doing" and "Shifting Perspectives" help develop the skills necessary to manage difficult experiences. Readers learn how to solve problems effectively, anticipate the likely consequences of their actions, think and act in a direct, goal-oriented fashion, balance different areas of their lives, and use self-knowledge to stay out of harmful situations.

More realistic and helpful than other depression-management books on the market, *Breaking the Patterns of Depression* defines what causes depression and, best of all, clarifies what can be done about it. With this knowledge in hand, readers can control their depression, rather than having depression control them.

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## Breaking the Patterns of Depression By Michael Yapko Bibliography

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### Editorial Review

From Library Journal

The rate of depression has increased by nearly tenfold in those born in the years following World War II, making it the most common psychological problem in America. Depression expert Yapko presents a book that will help put depression in perspective and equip sufferers with the skills and knowledge to heal themselves of this modern plague. The first part of the book is devoted to discussing the clinical literature on psychotherapy and antidepressant medication. Here, the causes of depression, its diagnosis, and its treatment are explained in language easily understood by the lay reader. The second part is devoted to explaining the patterns of thinking, feeling, and behaving that signal depression. Yapko effectively uses case histories as well as more than 100 exercises to assist the reader in building the skills needed to manage depression. While there are many other titles on depression management, this book is a break from the widely held view that depression is mainly a biochemically based disease treatable with medication. It should serve to complement such books as Colette Dowling's *You Mean I Don't Have To Feel This Way?* (LJ 1/92) or Sandra Salman's *Depression: Questions You Have...Answers You Need* (LJ 2/1/95), which focus more on using drugs as a treatment for depression. An excellent book; recommended for all collections.?Dana L. Brumbelow, Auburn P.L., Ala.

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### Review

"If depression has you in its grip, if your spirits need lifting, if tomorrow holds no promise of a better day, don't waste another minute: there's an antidote to feeling lousy and it's this book, *Breaking the Patterns of Depression*. Michael Yapko will help you unravel the mystery of depression and, more important, he will show you what you can do today to feel better immediately."

--Michele Weiner Davis, author of *Change Your Life and Everyone in it* and *Divorce Busting*

"Dr. Yapko has brought this book to all of us who battle the enemy of joy and peace--depression. And it is a wonderful guide. In it, he will teach you, as he has taught me, how to understand depression and how to defeat it. He will teach you how to look at yourself, the world, and the future in a new way. He will teach you that you can have a peaceful and meaningful life, and he will teach you how to do that."

--Dr. Lynn D. Johnson, Ph.D., director of the Brief Therapy Center, Salt Lake City, Utah, and author of *Psychotherapy in the Age of Accountability*

*From the Hardcover edition.*

### From the Publisher

"If depression has you in its grip, if your spirits need lifting, if tomorrow holds no promise of a better day, don't waste another minute: there's an antidote to feeling lousy and it's this book, *Breaking the Patterns of Depression*. Michael Yapko will help you unravel the mystery of depression and, more important, he will show you what you can do today to feel better immediately."

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"Dr. Yapko has brought this book to all of us who battle the enemy of joy and peace--depression. And it is a wonderful guide. In it, he will teach you, as he has taught me, how to understand depression and how to defeat it. He will teach you how to look at yourself, the world, and the future in a new way. He will teach you that you can have a peaceful and meaningful life, and he will teach you how to do that."

--Dr. Lynn D. Johnson, Ph.D., director of the Brief Therapy Center, Salt Lake City, Utah, and author of *Psychotherapy in the Age of Accountability*

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Book is actually written, printed, or highlighted for everything. You can understand everything you want by a publication. Book has a different type. To be sure that book is important factor to bring us around the world. Adjacent to that you can your reading expertise was fluently. A e-book *Breaking the Patterns of Depression* will make you to be smarter. You can feel far more confidence if you can know about anything. But some of you think which open or reading any book make you bored. It is not make you fun. Why they are often thought like that? Have you in search of best book or acceptable book with you?

#### **Ruth Haddock:**

In this 21st one hundred year, people become competitive in every way. By being competitive currently, people have do something to make these individuals survives, being in the middle of the actual crowded place and notice by simply surrounding. One thing that often many people have underestimated the item for a while is reading. Yeah, by reading a reserve your ability to survive boost then having chance to remain than other is high. For you who want to start reading some sort of book, we give you that *Breaking the Patterns of Depression* book as beginner and daily reading reserve. Why, because this book is greater than just a book.

#### **Ann McLemore:**

The knowledge that you get from *Breaking the Patterns of Depression* will be the more deep you searching the information that hide into the words the more you get enthusiastic about reading it. It does not mean that this book is hard to comprehend but *Breaking the Patterns of Depression* giving you joy feeling of reading. The article writer conveys their point in certain way that can be understood by means of anyone who read this because the author of this publication is well-known enough. This specific book also makes your personal vocabulary increase well. So it is easy to understand then can go together with you, both in printed or e-book style are available. We advise you for having this particular *Breaking the Patterns of Depression* instantly.

#### **Arthur Faust:**

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