



Undoing Depression: What Therapy Doesn't Teach You and Medication Can't Give You

Richard O'Connor

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Like heart disease, says psychotherapist Richard O'Connor, depression is fueled by complex and interrelated factors: genetic, biochemical, environmental. In this refreshingly sensible book, O'Connor focuses on an additional factor often overlooked: our own habits. Unwittingly we get good at depression. We learn how to hide it, how to work around it. We may even achieve great things, but with constant struggle rather than satisfaction. Relying on these methods to make it through each day, we deprive ourselves of true recovery, of deep joy and healthy emotion.

UNDOING DEPRESSION teaches us how to replace depressive patterns with a new and more effective set of skills. We already know how to "do" depression-and we can learn how to undo it. With a truly holistic approach that synthesizes the best of the many schools of thought about this painful disease, O'Connor offers new hope-and new life-for sufferers of depression.



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