



Making Friends with Depression: A Warm and Wise Companion to Recovery (Paperback)

By Sarah Rayner

Creative Pumpkin Ltd, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.If you re suffering from depression or very low mood, you can end up feeling alone, desperately struggling to find a way through - but recovery is possible and, in Making Friends with Depression, bestselling authors Sarah Rayner and Kate Harrison, together with GP Dr Patrick Fitzgerald show you how. They explain that hating or fighting depression can actually prolong your suffering, whereas making friends with difficult emotions by compassionately accepting these feelings can restore health and happiness. Sarah (Making Friends with Anxiety) and Kate (The 5:2 Diet Book) write with candour, compassion and humour about lifting low mood and easing symptoms because they ve both experienced - and recovered from - depression themselves, while GP Dr Patrick Fitzgerald draws on his clinical understanding to offer practical advice on treatment options and finding support. The book explores: * The different types of depressive illness * Where to seek help and how to get a diagnosis * The pros and cons of the most commonly-prescribed medications * The different kinds of therapy available * Why depression can cause so many physical symptoms...

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