



Overcoming Depression and Low Mood, Second Edition: A Five Areas Approach

Chris Williams

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Fully updated and based on extensive feedback, *Overcoming Depression and Low Mood* is a series of short self-help workbooks for use by people experiencing low mood and depression. Developed in liaison with a wide range of experts, the course provides access to the proven Cognitive Behaviour Therapy (CBT) approach. Providing accessible information and teaching key life skills the workbooks provide a practical and effective way of improving how you feel.

Compassionate and supportive, the *Overcoming Depression and Low Mood* course addresses all the common challenges faced during times of low mood. It is empowering and encouraging, helping readers to make positive changes to their lives in a planned and achievable way.

Readers learn how to:

- discover why they feel as they do
- develop better problem solving skills
- rebalance relationships by becoming more assertive
- become more active and rediscover the fun in their life
- build helpful responses to life stresses
- discover how to sleep better
- learn how to change negative and undermining thinking
- stop reacting in ways that backfire
- make choices that boost a healthy lifestyle
- plan for the future in order to stay well

One workbook is aimed at friends and relatives and describes how best to offer support.

The workbooks also provide an invaluable resource for counsellors, general practitioners, nursing staff, occupational therapists, psychiatrists, psychologists, social workers and self-help groups and organisations and are widely recommended by practitioners.

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