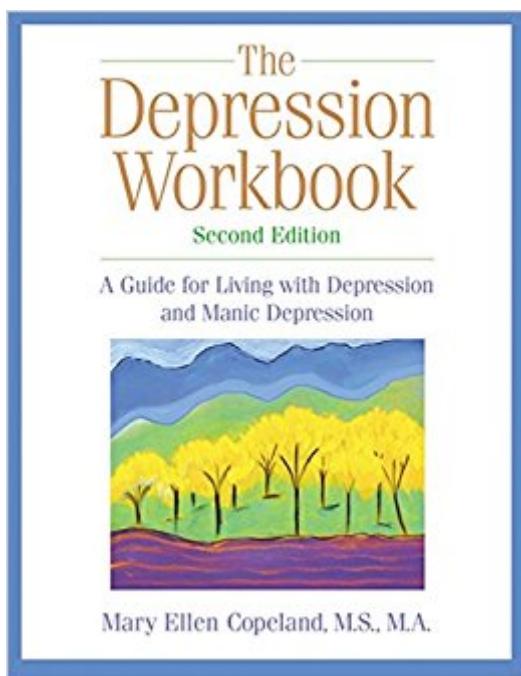


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# The Depression Workbook: A Guide For Living With Depression And Manic Depression, Second Edition



## **Synopsis**

From the best-selling author, Mary Ellen Copeland, comes the Second Edition of The Depression Workbook. Learn to practice the latest research-based self-help strategies to relieve depression and address other mental health issues including how to: Take responsibility for your own wellness Use charts to track and control your moods Find helpful care providers Build a system of mutual support Increase self-confidence and self-esteem Use relaxation, diet, exercise, and light to stabilize your moods Avoid conditions that can worsen your symptoms. A new chapter guides readers through developing your own plan for managing symptoms and staying well. This process, known as the Wellness Recovery Plan (WRAP), was developed by a group of people who experience depression, or manic depression and/or have other mental health concerns and who now report that this plan helped them relieve their symptoms and improve the quality of their lives. This edition is updated in all areas including new medical and holistic perspectives and extensive lists of helpful resources and Web sites that will assist you in your journey to wellness. By letting you share more than a hundred case stories and empowering you with the most current therapeutic strategies, The Depression Workbook, Second Edition will give you insight, energy, and hope.

## **Book Information**

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## **Customer Reviews**

It may be difficult for those suffering from depression to add a little work into their day; simply getting out of bed can seem like plenty of work. But if you are newly diagnosed or experiencing moderate problems with depression or bipolar disorder, The Depression Workbook might be a literal lifesaver. The first section is especially useful to new patients just learning to navigate the signs, treatments,

and vocabulary of depression. Clearly written overviews of specific symptoms are coupled with space for you to write in your own thoughts on treatment, prognosis, and your ultimate goals. Checklists and daily planners help to identify both areas of difficulty and positive experiences; later in the book, you'll find charts for tracking medications, diet, and doctor visits. A full section is devoted to the establishment and maintenance of a support group. Ideas range from open discussions with family members to seeking out volunteer work, and it's this section that may be the trickiest for the depressed to work through. Finding the strength to make new friends may seem impossible at first, but author Mary Ellen Copeland spreads plenty of warmth, encouragement, and personal experience among her directives. --Jill Lightner

Endorsement of First Edition: "This book is a lifesaver. This is one of the must have books for anyone newly diagnosed with depression or manic depression. It is invaluable in teaching both sufferer and supporter the symptoms and coping skills. This book was monumental in helping me get through a severe depression that lasted nonstop for half a decade. I recommend this book to all my readers, and to anyone suffering with depression or bipolar disorders." •Bob Olsen, author of the best-selling *Win the Battle: The 3-Step Lifesaving Formula to Conquer Depression and Bipolar Disorder*"The second edition of this eminently useful guide offers readers proven and active courses of action for getting and staying on the road to wellness. Mary Ellen Copeland is an author who thoroughly understands depression and manic depression, and the book's effective techniques and clear organization illustrate her commitment to facilitating real healing. Once again, Copeland has produced one of the very best books on the subject." •Lauren Dockett, author of *The Deepest Blue: How Women Face and Overcome Depression*

I am diagnosed with Bipolar I Disorder and this workbook helped me see I have a few warning signs or "red flags" of depression and mania that my spouse and I have overlooked or were not aware I had. Now that we have become aware of them, we can incorporate them into dealing with my disorder more effectively. I have read extensively on the subject of Bipolar, or Manic-Depression Disorder, and this workbook was not as helpful to me as it would be for someone who is newly diagnosed. I would highly recommend this workbook to someone who has or has a loved one who has just been diagnosed with Bipolar. I am saying Bipolar because this workbook, in my opinion, is more geared towards bipolar. Honestly, the title should be *The Bipolar Workbook* because it addresses bipolar much more than depression. I can see how someone with depression would not

benefit as much from this workbook as someone with bipolar. I also agree with some of the reviewers who state it made them feel more isolated and depressed. I can understand their viewpoint. It can be difficult when you are in a deep depression, or you do not have an adequate support group, to complete the chapters referring to these matters. I even had a difficult time because physical support groups are extremely difficult to locate in the area I live in. It would be more interesting, or maybe more beneficial, to include more internet resources regarding this matter to help prevent feelings of isolation. This workbook is greatly beneficial in discovering your triggers for your depression or mania, developing a plan on how to handle these matters, coping skills, establishing goals for yourself, and in general streamlining your thoughts. It also gives the reader a sense of control over the disorder, and what happens to you when the disorder goes into a crisis. Furthermore, the workbook does provide an excellent list of additional resources to find information on depression, stress, coping skills, relationships, and other matters. This workbook does take time to complete, and you can skip irrelevant chapters as needed without missing information. It makes things easy to understand and can be beneficial. However, just like with anything it is not for everyone.

This second edition handbook is even better than the first edition. Kudos to the writers for updating this useful handbook. Despite the obvious benefits for personal use, I use this book for my training workshops (that have nothing to do with the topic of depression). The reason it's so useful is that my workshops focus on dealing with difficult change and this workbook has many great nuggets. There are many parallels between experiencing and handling depression and dealing with stressful changes at the work place.

I've been using this resource for over 25 years and buy it to give to friends in need of self discovery. I learned more about myself through this Workbook than through any other means. I now use what I learned in here to help my young daughter who had been diagnosed bipolar. Life Changer!

This workbook was recommended to me by my therapist as a supplementary resource. I like its holistic approach a lot- the book takes into account many different approaches to handling depression and possible triggers for it (family history, stress, diet, lifestyle, medication, etc.). I should add the book address both depression AND manic depression, so if you are just dealing with the former, you would have to skip over the chapters covering mania, which isn't really a problem as far as getting what you need out of this book. Also, I've found that I've had to put the book aside for a

while (days or even a week or so) and then return to it when I feel ready to address some of the questions in the book, especially when thinking about what to put in what Copeland calls a "WRAP" (Wellness Recovery Action Plan). There is a great list of resources in the back of the text, and while some seem a bit outdated (this book was published in the late '90s) they are still a great reference and starting point. The only reason I believe this book is not for everyone is that some resources work better than others for different people, and this workbook does require a more proactive approach. But overall, I've personally found it helpful in conjunction with my other treatments.

This is a practical workbook with real life suggestions on understanding depression and bipolar disease and living with it safely. The author discusses many of the most common treatments, with their pros and cons. There are also exercises to work through. This book is also good for anyone who knows or lives with someone with either of these conditions. The book describes ways to tell if an episode is beginning and ways to counteract things before they get out of hand. It also gives realistic advice on ways to help people determine if another person is thinking about suicide vs actively planning on doing something. She also suggests ways to help such an individual, including ways to get the person to a hospital. Very useful book.

Very informative, clear and interesting read and workbook pages help you absorb and retain the information...so helpful for developing further skills in your own struggle. It's in my library now.

I'm not going to say this book cured my depression but it absolutely helped.

For me, the book didn't provide information that can't be found online. I found the idea of W.R.A.P. (Wellness Recovery Action Plan) very useful, even though I created my own depression toolkit prior to reading this book. I suppose if you're new to depression, this book could be a wonderful resource.

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