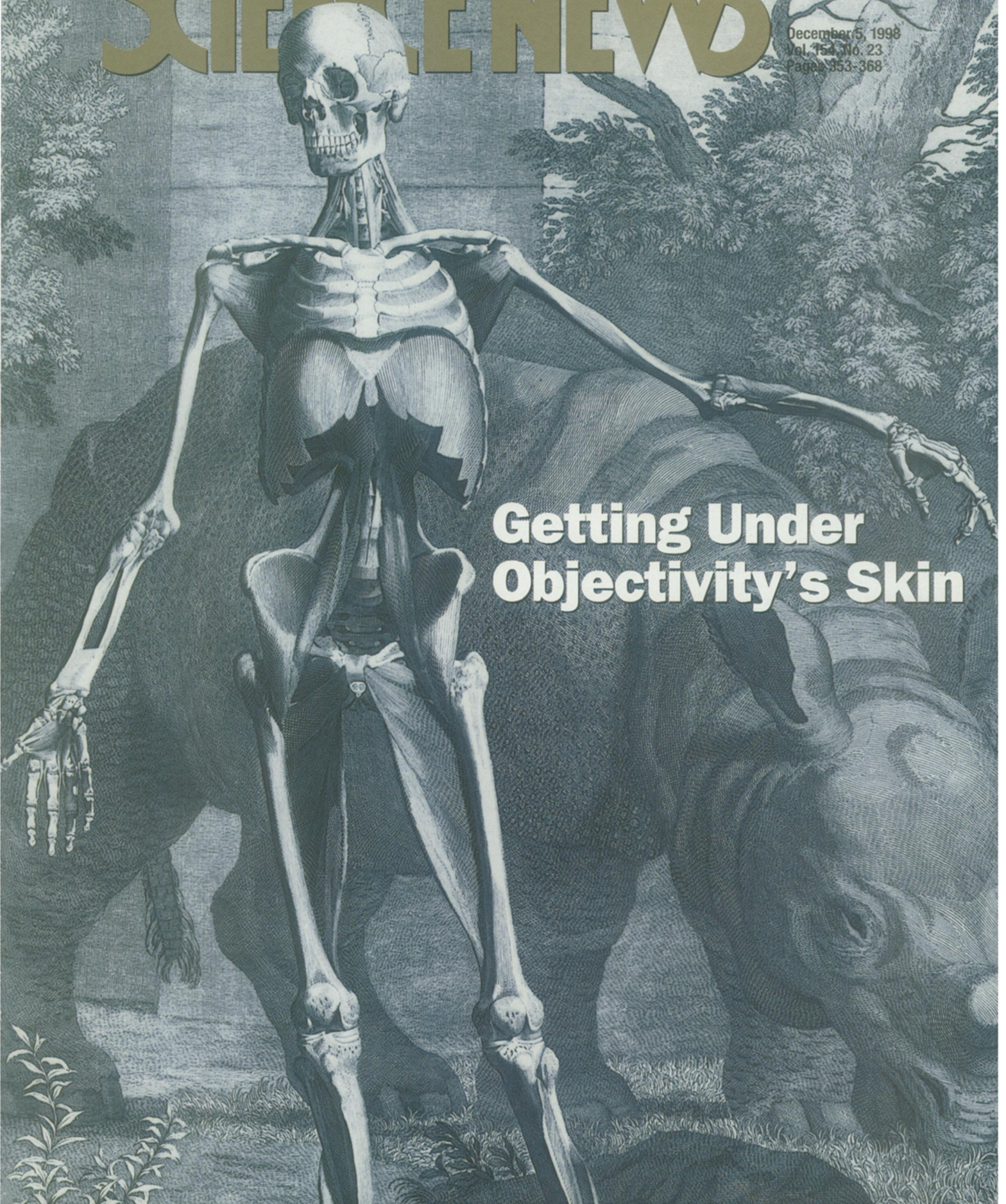


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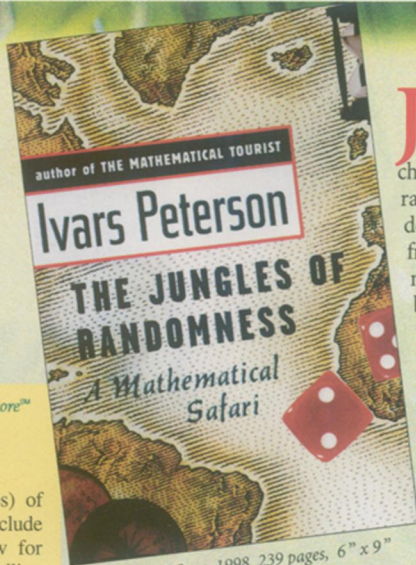
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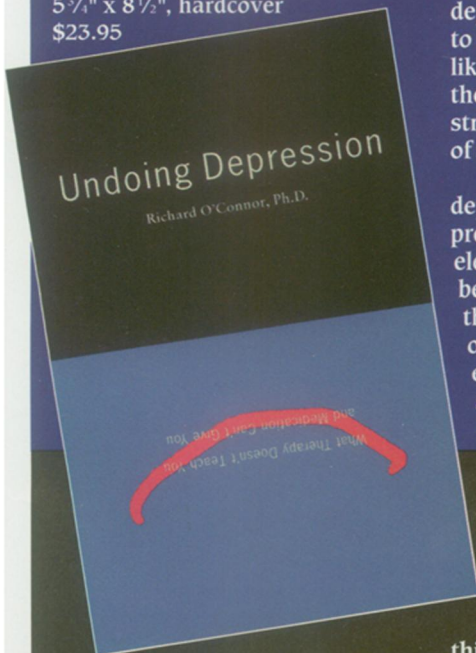
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Despite therapy and support from loved ones, the major reason people with depression stay depressed is that they don't know how else to be. In a futile effort to save themselves from pain, they have learned habits that feel normal and natural, like part of the self. But these emotional habits backfire; instead of reducing pain, they just perpetuate depression. This book, by a psychotherapist who has personally struggled with—and overcome—depression, teaches you how to unlearn the “skills of depression” and replace them with healthier, more adaptive ways of being.

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