

BOOKS ON DEPRESSION

[Undoing Depression : What Therapy Doesn't Teach You and Medication Can't Give You](#) --

Richard O'Connor, Richard O'Conner; Paperback

[The Depression Workbook : A Guide for Living With Depression and Manic Depression](#) --

Mary Ellen Copeland, Wayne London (Introduction); Paperback

[100 Ways to Overcome Depression](#) ~

Frank B. Minrith, et al / Paperback / Published 1993

[The Adolescent Depression Workbook](#)

Stuart MD Copans, Mary Ellen MA MS Copeland / Paperback / Published 1998

[Anxiety & Depression : The Best Resources to Help You Cope \(Lifecycles Series\)](#)

Rich Wemhoff(Editor) / Paperback / Published 1998

[Anxiety and Depression : A Natural Approach](#)

Shirley Trickett / Paperback / Published 1997

[Blessings Book](#) ~

Lorna Tedder, Vicki Hinze / Paperback / Published 1998

[Breaking the Chain of Low Self-Esteem](#)

Marilyn J. Sorensen / Paperback / Published 1998

[Breaking the Patterns of Depression](#)

Michael D. Yapko, Michael Yapco / Paperback / Published 1998

[Caring for Depression](#)

Kenneth B. Wells(Editor), et al / Hardcover / Published 1996

[Change Your Brain, Change Your Life : The Breakthrough Program for Conquering Anxiety, Depression, Obsessiveness, Anger, and Impulsiveness](#)

Daniel G. Amen / Hardcover / Published 1999

[Change Your Life and Everyone in It : How to : Transform Difficult Relationships over Come Anxiety and Depression Break Free from Self-Defeating Ways](#)

Michele Weiner-Davis / Paperback / Published 1996

[The Childhood Depression Sourcebook](#) ~ Usually ships in 24 hours

Jeffrey A. Miller / Paperback / Published 1999

[Composing Myself : A Journey Through Postpartum Depression](#)

Fiona Shaw / Hardcover / Published 1998

[Conquer Depression Now : From Sad to Glad at Home, School and Work](#)

David S. Wiesenbergs(Preface), Frank Burgmann / Paperback / Published 1996

[Control Your Depression](#)

Peter M. Lewinsohn(Editor), et al / Paperback / Published 1992

[Coping With Depression \(Hazelden/Rosen Coping Skills Library\)](#)

Sharon Carter, Lawrence Clayton / Paperback / Published 1997

[Coping with Depression; The "Common Cold" of the Emotional Life](#)

Siang-Yang Tan, John Ortberg / Paperback / Published 1995

[Dealing A Death Blow To Depression](#)

Jonathan Silver / Spiral-bound

[Dealing With Depression : In 12 Step Recovery](#)

Jack O / Paperback / Published 1991

Win the Battle : The 3-Step Lifesaving Formula to Conquer Depression and Bipolar Disorder

Bob Olson, Melissa Olson (Contributor) / Chandler House Press / January 1999

The Stress of Life

Hans Selye / McGraw-Hill / March 1978

Ambiguous Loss : Learning to Live With Unresolved Grief

Pauline Boss / Harvard Univ Pr / May 1999

A Mother Loss Workbook : Healing Exercises for Daughters

Diane Hambrook, et al / Harperperennial Library / September 1997

Longing for Dad : Father Loss and Its Impact

Beth M. Phd. Erickson / Health Communications / May 1998