



Climbing Out of Depression: A Practical Guide to Real and Immediate Help

By Sue Atkinson

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Climbing Out of Depression: A Practical Guide to Real and Immediate Help By Sue Atkinson

A warm, simple, and practical guide to real and immediate help for those lost in the darkness of depression?written by someone who has experienced it and found a way out.

According to the National Institute of Mental Health, more than 17 million Americans suffer from depression. For many of these millions, climbing back out of the pit of gloom seems almost impossible. Depression often leaves its victims feeling paralyzed, numb, and alone. *Climbing Out of Depression* is a guide for everyone who is looking for practical help.

Unlike clinical books that approach depression from a theoretical, academic viewpoint, what makes this book distinctive is the fact that the author herself has suffered from depression for many years. Atkinson does not write as an expert, or as a depression counselor, but as someone who knows the feelings from close personal experience. *Climbing Out of Depression* is a handbook to offer immediate help for the mind, the body, and?with the author?s gentle spiritual touch?also the soul. Topics covered in *Climbing Out of Depression* include the causes of depression; how to take action when life becomes too difficult; dealing with negativity; overcoming fear, worry, and panic; understanding anger; coping with loss; and much more.

Climbing Out of Depression is a tried-and-true tested book that incorporates strategies, tips, and success stories, many of the author herself. Written in easily grasped sections designed to be read for the limited concentration spans that often accompany depression, Atkinson leads the reader through the ?why? of depression and then offers ?how-to? suggestions based on firsthand proven techniques. Reading this book is similar to having a conversation with a compassionate friend, one who has ?been there? and knows what to say and how to help.

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Editorial Review

Review

'This is wise stuff, with resonance that lingers on long after it is over, none more than the hope it offers, born of experience.' -- Ann Pilling The Door

About the Author

SUE ATKINSON is the author of CLIMBING OUT OF DEPRESSION, a highly successful book which has proved invaluable to many sufferers because it is written from the point of view of a sufferer rather than an 'expert'. She is a specialist in mathematics education and has co-authored a definitive maths teaching scheme. The wife of a CoE bishop, she has two adult children and seven grandchildren, and lives in London.

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For those who held on to the lifeline
when the going was tough,
for those who sat with me at the bottom of the cliff
and held my hand,
and for those who showed me,
by their love,
that the climb was worthwhile

Preface to the new edition

It has been so thrilling to meet and talk to depressed people and their caregivers since *Climbing Out of Depression* was first published twelve years ago. People from all over the world have written to me, and I've made some good friends through those letters. I have asked some of these people to make suggestions as to how the book could be improved.

I've tried to incorporate a number of those suggestions into this new edition, but some information is better

found elsewhere. For example, I didn't think I should focus on medication. Such information gets out of date, and it is best to talk to a doctor or look at the Depression Alliance website.

What has changed?

I have seen such dramatic change in some depressed people (including myself), and that is something for all of us to hold on to.

We can and do change!

Some people I have met resist that change with great energy and vigor. Others have steadily improved to the point where they can completely turn their lives around.

Some go back to work.

Some make much better relationships.

Some start up a new self-help group for other depressed people.

Some say how much they enjoy being fit enough to laugh and play with their children or go out with their friends.

What's new in this edition?

In this second edition of the book, I have made some changes to the text, either where I felt it important to add to my new understanding of depression or where I have changed my mind!

Now that I run workshops (as a sufferer, not a trained professional) with depressed people, caregivers, and counselors, I've learned much from brave and struggling people, and from those who care for them. Thank you so much to those people who have helped me make this new edition clearer and more up-to-date.

I've added much more about coping strategies to manage our depression better. This was one of the most requested topics at sessions I've run for self-help groups, and I have started working on these strategies also with groups of counselors.

Users Review

From reader reviews:

Rodney Bryant:

Do you have favorite book? When you have, what is your favorite's book? Publication is very important thing for us to find out everything in the world. Each e-book has different aim or perhaps goal; it means that book has different type. Some people truly feel enjoy to spend their time for you to read a book. They may be reading whatever they take because their hobby is usually reading a book. How about the person who don't like studying a book? Sometime, individual feel need book whenever they found difficult problem or exercise. Well, probably you will want this Climbing Out of Depression: A Practical Guide to Real and Immediate Help.

William Devine:

What do you about book? It is not important along with you? Or just adding material when you need something to explain what yours problem? How about your extra time? Or are you busy person? If you don't have spare time to do others business, it is gives you the sense of being bored faster. And you have extra time? What did you do? Everyone has many questions above. They should answer that question simply because just their can do that. It said that about book. Book is familiar on every person. Yes, it is suitable. Because start from on pre-school until university need this specific Climbing Out of Depression: A Practical Guide to Real and Immediate Help to read.

Many Shirley:

Spent a free time to be fun activity to complete! A lot of people spent their sparetime with their family, or their own friends. Usually they accomplishing activity like watching television, gonna beach, or picnic from the park. They actually doing same thing every week. Do you feel it? Would you like to something different to fill your personal free time/ holiday? Might be reading a book can be option to fill your no cost time/ holiday. The first thing that you'll ask may be what kinds of book that you should read. If you want to try look for book, may be the book untitled Climbing Out of Depression: A Practical Guide to Real and Immediate Help can be fine book to read. May be it might be best activity to you.

Hermelinda Anthony:

Within this era which is the greater person or who has ability in doing something more are more important than other. Do you want to become considered one of it? It is just simple way to have that. What you have to do is just spending your time not much but quite enough to get a look at some books. One of many books in the top list in your reading list will be Climbing Out of Depression: A Practical Guide to Real and Immediate Help. This book which is qualified as The Hungry Slopes can get you closer in getting precious person. By looking right up and review this reserve you can get many advantages.

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