



Depressed Anonymous 3rd Edition

By Hugh Smith

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This is the REVISED 174 page inspiring "Big Book" of the 12 step fellowship of Depressed Anonymous. This innovative and workable approach provides a practical step by step plan for recovery from depression. The book provides over 30 testimonials of those persons who have successfully defeated their depression by being part of the fellowship and following the plan as outlined in this innovative approach to overcoming depression. The book, in it's 3rd edition, is written by those who WERE depressed--they've been there and now they want to share with others, who like themselves, can hope and get well. Want to start a Depressed Anonymous group? This is the book for getting started! Contains the "how to's" for group formation and sample meeting format.

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Editorial Review

About the Author

The author, for many years was a psychotherapist in private practice. He has earned his Master's in Counseling Psychology from the University of Evansville, IN and also holds a Doctorate (D. Min) in Pastoral Counseling from the Graduate Theological Foundation in Donaldson, IN. He presently with the persons with dementia in a long term care facility. Hugh founded Depressed Anonymous which is now a growing group and community program around the world. One of the many benefits of Depressed Anonymous is that it is based on what is now a worldwide form of recovery, Alcoholics Anonymous. Hugh has authored 12 books related to the subject of depression and recovery and he has also founded Dep-Anon which is a 12 step group program for the families and friends of the depressed. His latest work is I'LL DO IT WHEN I FEEL BETTER. This was first published in 2009. One can find more information about Depressed Anonymous and its Literature at the website <http://www.depressedanon.com> there one can download more information about Depressed Anonymous.

Users Review

From reader reviews:

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Russell Hardison:

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Gerald Kelly:

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