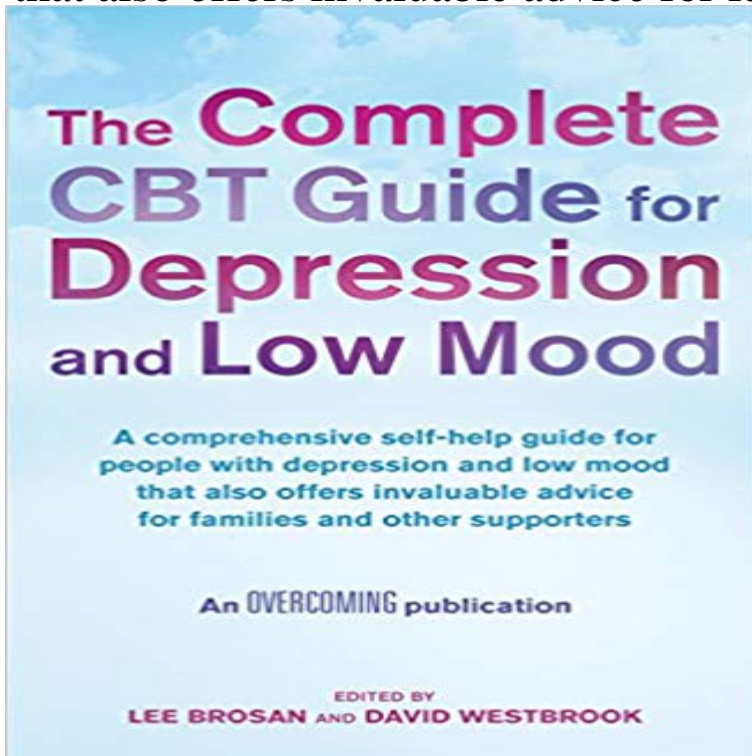


The Complete CBT Guide for Depression and Low Mood: A comprehensive self-help guide for people with depression and low mood that also offers invaluable advice for families and other supporters



Depression and low mood affect a significant portion of the general public. Sadly, those with depression often experience other problems such as low self-esteem, relationship problems and sleeping problems. Cognitive Behavioural Therapy (CBT) is an extremely effective treatment for depression and low mood and is used widely in the NHS. The companion book to the popular Complete CBT Guide for Anxiety, this practical self-help book contains essential information about the nature of depression and covers a range of topics including insomnia, relationships, bipolar disorder and postnatal depression. It also provides information on some of the latest treatments such as Mindfulness, Behavioural Activation and Compassion-Focused Therapy. The chapters on individual techniques or problem areas are written by the leading experts in that field. Includes individual chapters on: Low self-esteem by Melanie Fennell Insomnia and sleep problems by Colin Espie Ruminantion by Ed Watkins Relationship problems by Donald Baucom Bipolar Disorder by Warren Mansell Depression in the elderly - Ken Laidlaw Postnatal Depression - Peter Cooper & Lynne Murray Depression and ill health - Stirling Moorey Behavioural Activation by David Richards Compassion - Paul Gilbert Mindfulness - Willem Kuyken & Halley Cohen Imagery - Ann Hackmann & Jon Wheatley

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