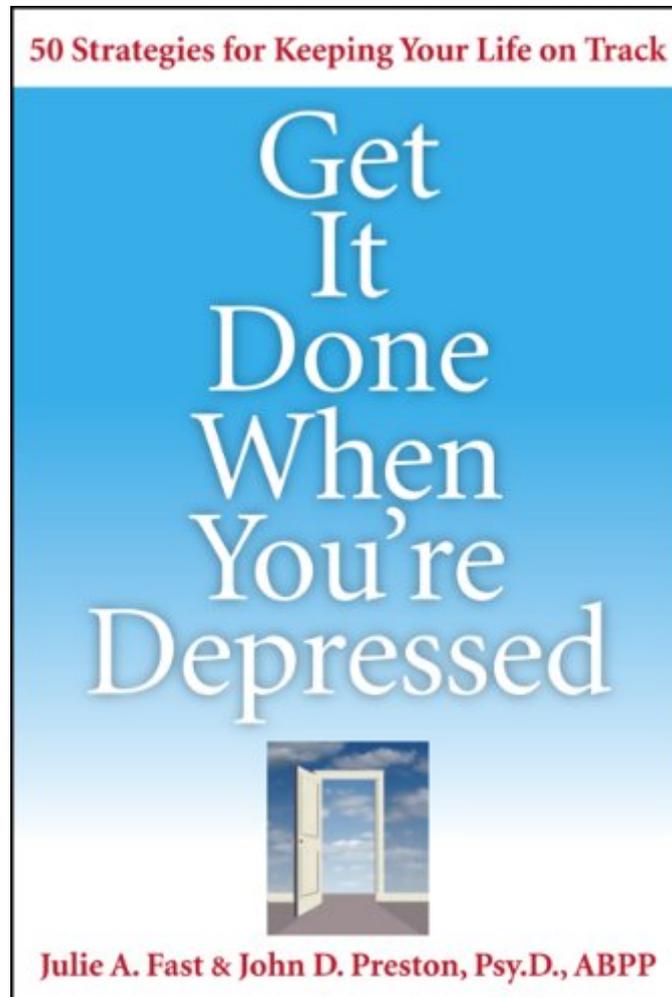


The book was found

Get It Done When You're Depressed



Synopsis

Shake the blues away. Everyone knows that depression can lead to guilt, sadness, frustration, and in the case of 15-20% of people with depression, suicide. Because we live in a culture that rewards (and often worships) productivity, when a depressed person can't meet the expectations of society, the depression becomes worse and a vicious cycle begins. The goal of *Getting Things Done When You're Depressed* is to break this cycle. Readers will learn:- How to prepare yourself mentally for working while depressed - How to structure your environment so you can work more easily - How to work with others - How to prevent depression

Book Information

File Size: 1360 KB

Print Length: 286 pages

Publisher: Alpha (January 2, 2008)

Publication Date: January 2, 2008

Sold by:Â Digital Services LLC

Language: English

ASIN: B00AR17ZHS

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #248,501 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #137

inÂ Books > Health, Fitness & Dieting > Psychology & Counseling > Physiological Aspects #147

inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Mental

Health > Depression #421 inÂ Books > Health, Fitness & Dieting > Mental Health > Depression

Customer Reviews

*****This book is incredibly helpful because it helps you to learn practical methods for coping with depression. The subtitle is "50 Strategies for Keeping Your Life on Track", and each strategy is thoroughly explored. First it is explained, then there is a short exercise you can do to apply the strategy to your life. Next the strategy is illustrated in a story from someone's personal life. Lastly, the author shares a story about applying that strategy in her own life. For example, one strategy I found very helpful is "Accept the Limitations Caused By Depression". I expect way, way too much of

myself every day and then feel bad when I can't accomplish what I want to. This strategy (and the book in general) helped me to see that I will feel better and get more done in the long run if I don't beat myself up about what I can't do, and if I work the other strategies diligently to do what I can. It really helped that the author is successful and accomplished despite her depression, and the stories show how many, many people work with their illness to make valuable contributions with their lives instead of just giving in to depression and using it as an excuse for failure. It truly made me feel like I wasn't alone---that many others feel this way, and that they organize their lives so that they can still succeed. I have to say that it's the most practical book I've ever read for actually coping with depression. Highly recommended. *****

I have read every textbook, self help book, etc. and was still beating my head against a wall until I read this book. I can tell you that chapter 11, Expect Brain Chatter, was the answer to prayer. I don't know what it was about this specific chapter, but it opened up serious dialogue after 14 years of marriage. This chapter gave me a simple way to explain the on-going dialogue and loop of music in my head and why it is so painful.

All of Julie Fast's books are practical and well-written, and this may be her best. Using examples from the lives of people who struggle with depression, she gives realistic, concrete ways to fight the effects of depression, so that the negative spiral of inactivity and hopelessness can turn into a positive spiral of accomplishment and satisfaction. Julie has learned these lessons the hard way, and this book is proof that her methods work. The personal stories are backed up by her co-author, a psychologist, who provides a more physiological explanation of both symptoms and why Julie's strategies are effective. When depression of any kind (including bipolar) is the problem, it's crucial to know how to counteract its symptoms with behavior, as well as medication. This book gives readers the tools to take charge of their lives. It's not the usual advice from experts looking down from the top of the well. It's a strong rope, each chapter a foothold to use for climbing out.

I was quite impressed with this little book. I think that some people will relate to the 50 different strategies more so than others. But I can't imagine a depressed person NOT taking something valuable away from at least ONE of the 50 methods. What I liked even more than the specific strategies was Julie's clear and honest explanation of what it is like to have depression. She does a great job illustrating how the depressed brain operates differently. She includes personal examples from her own life for EVERY strategy. I did think her personal stories became a bit whiny and

annoying by the end of the book, but I understand why she included them. I figure any frustration I have with her is the same frustration I have with my own depression. No-one wants to be whiny and self-absorbed, but when you're depressed, it happens. This is one of the better books for depression out there. Even if you aren't depressed, it's a great read because it will help you interact with and understand those who are.

This book is the best book I've ever read for depression and the only book I know out there that has advice and ideas on how to "Get it done while you're depressed" It's about time. THANKYOU to the Author. This book got me moving after the first page. I literally put the book down and jumped out of bed and started washing dishes that hadn't been washed in days. Funny I still haven't finished reading the book because everytime I do, I start wanting to do something, Really! This book is a MOTIVATOR LIKE I'VE NEVER SEEN BEFORE. It should be in every Mental Hospital, Psychiatrist office, Counselors and especially a Mental Rehab Facility (every person should go home with one). Don't hesitate to buy this book. I promise you won't regret it.

Julie Fast's 'Get It Done When You're Depressed' is exactly the book I've been looking for to offer my therapy clients struggling with indecision and inertia. The book is written in a clear, no-nonsense manner that is easy to read and understand--important considerations when writing for people whose emotional pain may make it difficult to focus. 'Get It Done' is loaded with realistic suggestions that will be useful to anyone no matter how 'well' or 'ill' they may be. Thanks Ms. Fast I needed this!

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