



Beat the Blues Before They Beat You: How to Overcome Depression

By Robert L. Leahy

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Over the past year, 16.5 million Americans—1 in 13 adults—of every race, age, and socioeconomic class experienced at least one major bout of depression. These numbers have been steadily rising, and sadly, one third of people who feel the unbearable pain, hopelessness, and self-criticism of depression never seek treatment. If not you, then someone you know most likely hides within these statistics, suffering in silence. The good news is that with effective treatment you can overcome depression—and once you do, you have a good chance of preventing its recurrence.

Beat the Blues Before They Beat You, the follow-up to best-selling author **Robert Leahy**'s *The Worry Cure*, outlines the causes, symptoms, and treatments for depression in a clear and easy-to-read manner. Real-life patient stories combined with simple step-by-step instructions help you understand depression. Learn what triggers your moods. Figure out how to defeat feelings of fatigue, loneliness, and hopelessness. Design a plan to develop self-confidence. Determine what treatments—both medication and therapy—are available to prevent relapse. *Beat the Blues Before They Beat You* is a collection of the most powerful tools in cognitive therapy to help you curb your thoughts and behaviors, so you can begin to feel good again.

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Beat the Blues Before They Beat You: How to Overcome Depression By Robert L. Leahy Bibliography

- Sales Rank: #1098513 in Books
- Published on: 2010-08-01
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x 1.00" w x 6.00" l, 1.18 pounds
- Binding: Hardcover
- 288 pages

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Editorial Review

Review

“Beat the Blues Before They Beat You is a masterful guide by a masterful clinician. It lays out the typical problems of depression and provides clear explanations as to how to solve them. This is a must-read for anyone suffering from depression—and who hasn’t at some point in his or her life?”

— **Aaron T. Beck, M.D.**, Emeritus Professor in the Department of Psychiatry at the University of Pennsylvania, winner of the Lasker Award in Medicine

“If you are depressed or vulnerable to depression, this book is for you. Written by one of the world’s leading experts in cognitive behavior therapy, it provides a thoughtful and balanced account of depression and how to overcome it using tried and tested strategies.”

— **Christopher G. Fairburn, M.D.**, Professor of Psychiatry, University of Oxford, author of *Overcoming Binge Eating*

*“Dr. Leahy is unique in the mental health field in his combination of high rigor, accessibility, and readability to consumers and clinicians alike. His new book, **Beat the Blues Before They Beat You**, is the epitome of these qualities, and will be of genuine help to those who suffer from depression.”*

— **Thomas Joiner**, Distinguished Research Professor and Bright-Burton Professor of Psychology, author of *Why People Die from Suicide*

“Beat the Blues gives clear-headed, concise, and practical guidelines for tackling the most common problems in depression. Based on the most current research and clinical work, Leahy once again gives you the tools to help yourself overcome your depression. It’s a book that you can pick up and start using today. Empowering, engaging, and enlightening.”

— **Allison Harvey**, University of California, Berkeley

“Eminently readable and practical, this state-of-the-art book provides compassionate and user-friendly help for beating depression. I highly recommend it both to practitioners and their patients.”

— **G. Terence Wilson, Ph.D.**, Oscar K. Buros Professor of Psychology, Rutgers, The State University of New Jersey

“This book is sure to provide hope and relief for those suffering from depression. Drawing on well-researched techniques, each chapter is filled with strategies and tools to help conquer a major symptom of depression. The writing is clear and direct, and case examples help illustrate each point. The author also provides tools to monitor whether strategies are helping. Once again, Dr. Leahy shows his unique knack for translating the best available therapies into effective self-help materials.”

— **Sheri Johnson**, Professor of Psychology, University of California, Berkeley

“Dr Leahy has yet again made the most contemporary and effective approaches within CBT accessible to a popular audience. He engages the reader by tagging a scientifically supported approach with commonly reported thoughts and concerns held by people who are depressed. This book illustrates, in true CBT style, how an understanding of one’s own thoughts and feelings can lead to recovery and regaining a purpose in life.”

— **Warren Mansell**, University of Manchester, UK, author of *Coping with Fears and Phobias*

“Beat the Blues . . . is an indispensable guide out of the morass for anyone who has ever been depressed.”
— **Steven Hollon**, Professor of Psychology, Vanderbilt University

About the Author

Robert L. Leahy, Ph.D., is recognized as one of the most respected cognitive therapists in the world and is known internationally as a leading writer and speaker in this revolutionary field. He is the director of the American Institute for Cognitive Therapy in New York City, and past president of both the International Association of Cognitive Psychotherapy and the Association for Behavioral and Cognitive Therapies. Leahy has written and edited 17 books, including the best-selling *The Worry Cure*; and has been featured in *The New York Times*, *Forbes*, *Fortune*, *Newsweek*, *Psychology Today*, *The Washington Post*, *Women’s Health*, *Self*, and *USA Today*. His media appearances include *20/20*, *Good Morning America*, and *The Early Show*.

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