

# *Understanding Depression*

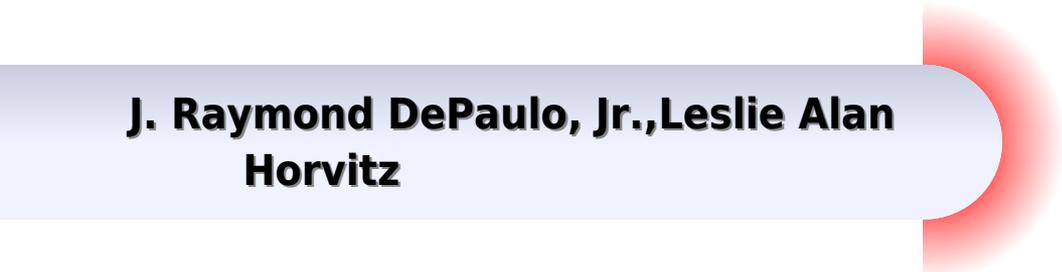
A Complete Guide to  
Its Diagnosis and  
Treatment

REVISED AND EXPANDED

DONALD F. KLEIN, M.D.  
PAUL H. WENDER, M.D.

# Understanding Depression Revised Expanded Edition

**J. Raymond DePaulo, Jr., Leslie Alan  
Horvitz**



## **Understanding Depression Revised Expanded Edition:**

**Understanding Depression** Donald F. Klein M.D., Paul H. Wender M.D., 2005-04-21 When *Understanding Depression* was first published over ten years ago it quickly became a trusted guide for the millions of Americans suffering from depression. Now the long-awaited revised and expanded second edition of this definitive and readable book is available to a new generation. With the addition of the latest research on treatments for biological depression, the authors illustrate the importance of accurately diagnosing the disease and using tested research methods to treat it. The book provides the means of evaluating the benefits and disadvantages of both pharmaceutical and psychological treatment of depression. In explaining the different treatments available, the authors provide detailed information on the use of both old and new antidepressants and SSRIs as well as herbal supplements like St. John's Wort. It also focuses on the environmental and hereditary causes of biological depression about which there are still many misconceptions. Using excerpts from patient histories to show progress from the onset of depression through treatment and recovery, the authors put a human face on the specter of depression. They demonstrate how many of the afflicted fail to seek help or are misdiagnosed by doctors who do not recognize their symptoms. The book includes several simple tests which readers can use to determine the need to seek a psychological evaluation. *Understanding Depression* is an excellent source of support providing a highly informed and readable guide to this much misunderstood disease.

**Psychology Today Taming Bipolar Disorder** Lori Oliwenstein, 2004-12-07 Living and thriving with bipolar disorder. Bipolar disorder is about the wildest of euphorias and the deepest of depressions. Now Alpha Books and Psychology Today present all the information, guidance, and support people with bipolar disorder and their loved ones need in order to thrive. This important book contains cutting-edge research and straightforward advice from the most respected names on bipolar disorder along with the most up-to-date information on mental health organizations and support and advocacy groups. In addition, readers will find inspiring stories of courage and triumph. More than two million Americans live with bipolar disorder, and it's on the rise among children and adolescents. Includes strategies for navigating the health care system, nurturing relationships, advancing in the workplace, and repairing bridges burned during mania and depression. Features the latest research from new pharmaceuticals to innovative therapies, dietary changes to acupuncture, light therapy to mood charting.

*Understanding Depression: A Complete Guide to its Diagnosis and Treatment* New York Psychiatric Institute, Columbia University College of Physicians and Surgeons, Donald F. Klein, Professor of Psychiatry and Director of Research, Psychiatric Research, University of Utah School of Medicine, Paul H. Wender, Distinguished Professor of Psychiatry and Director, 1993-01-14 Recent studies have found that one woman in five and one man in ten will suffer from depression or manic depression sometime during the course of their lives. This is a disturbing statistic, but there is hope because more and more evidence has surfaced to indicate that many psychiatric disorders are biological diseases that can be successfully treated with medication. Most people, however, know little about these recent findings. They don't know how to tell if the

depression they are suffering from is biological or not nor what they can do to recover from it if it is In *Understanding Depression* eminent psychiatrists Donald Klein and Paul Wender offer a definitive guide to depressive illness its causes course and symptoms They clarify the difference between depression which is a normal emotion and biological depression which is an illness and include several self rating tests with which readers can determine whether or not they should seek psychiatric evaluation to determine if they have a biological depressive illness They describe the symptoms of biological depression among them loss of energy changes in eating habits sleep disturbances decreased sex drive restlessness poor concentration and indecisiveness and increased use of intoxicants and drugs And they paint a clear picture of how depressive illness can affect people s lives using excerpts from patient histories to show the progress of each patient from the onset of depression to treatment and recovery The authors also discuss the different types of treatment available including antidepressant drugs electroconvulsive therapy and psychotherapy and they examine the benefits and side effects of psychopharmacological drugs including the new antidepressants lithium and the controversial Prozac related disorders such as panic attacks atypical depression seasonal affective disorder and PMS and how to get the right kind of help Most victims of biological depression often fail to seek help whether out of guilt or ignorance and many are often misdiagnosed by physicians or psychotherapists who fail to recognize the symptoms of the illness *Understanding Depression* seeks to make the public both lay and medical aware of the issues of biological depression providing a highly informed and readable guide to this much misunderstood disease

**Riding the Windhorse** Robert S. Corrington,2003 That creativity and the quest for wholeness can support the erratic flight of the windhorse of manic depression BOOK JACKET

[Understanding Depression](#) J. Raymond DePaulo, Jr.,Leslie Alan Horvitz,2002-03-25 From a leading medical expert at Johns Hopkins here is an up to the minute definitive guide to what s known about depression and how it can be treated Around ten percent of North Americans suffer from depression at some point and more than half haven t even sought help Now Dr Raymond DePaulo one of the world s foremost authorities on depression provides a sensitive thorough and reassuring book for sufferers from depression and those who care about them This practical guide for individuals with depression and their families the only totally comprehensive book in the market shows readers how to identify the problem then directs them to the various forms of treatment including medications psychotherapy support groups and exercise It is one of the few books to discuss in depth manic depression the bipolar form of depression Dr DePaulo discusses both mainstream the latest medications and talk therapies and alternative paths and reveals the truth about the dangerous fallacies that abound about depression Comprehensive compassionate and grounded in the very latest research into brain chemistry psychology and medications this is a definitive landmark roadmap to one of the most devastating and common mental illnesses

**Understanding Depression, 2d ed.** Paul R. Robbins,2009-01-22 Since the publication of the first edition in 1993 there have been important developments in the understanding of depression and in the treatment approaches This new edition reflects these new

realities giving increased emphasis to the biological foundations of depression the development of and wide use of antidepressant drugs the shift in the means of dispensing these drugs from mental health professionals to primary care physicians and the development of alternative medicine approaches to treatment Written in an easy to read manner the book provides a wide ranging picture of what is known about depressed moods and depression from demographic biological and psychological aspects to methods of treatment and issues surrounding recurrence The New York Times Book Review, 1975 *New American Supplement to the Latest Editions of the Encyclopedia Britannica* Day Otis Kellogg, 1900

**Umphred's Neurological Rehabilitation - E-Book** Rolando T. Lazaro, Sandra G. Reina-Guerra, Myla Quiben, 2019-12-05 Selected for Doody's Core Titles 2024 in Physical Medicine and Rehabilitation Develop problem solving strategies for individualized effective neurologic care Under the new leadership of Rolando Lazaro Umphred's Neurological Rehabilitation 7th Edition covers the therapeutic management of people with activity limitations participation restrictions and quality of life issues following a neurological event This comprehensive reference reviews basic theory and addresses the best evidence for evaluation tools and interventions commonly used in today's clinical practice It applies a time tested evidence based approach to neurological rehabilitation that is perfect for both the classroom and the clinic Now fully searchable with additional case studies through Student Consult this edition includes updated chapters and the latest advances in neuroscience Comprehensive reference offers a thorough understanding of all aspects of neurological rehabilitation Expert authorship and editors lend their experience and guidance for on the job success UNIQUE A section on neurological problems accompanying specific system problems includes hot topics such as poor vision vestibular dysfunction dementia and problems with cognition and aging with a disability A problem solving approach helps you apply your knowledge to examinations evaluations prognoses and intervention strategies Evidence based research sets up best practices covering topics such as the theory of neurologic rehabilitation screening and diagnostic tests treatments and interventions and the patient's psychosocial concerns Case studies use real world examples to promote problem solving skills Comprehensive coverage of neurological rehabilitation across the lifespan from pediatrics to geriatrics Terminology adheres to the best practices follows The Guide to Physical Therapy Practice and the WHO ICF World Health model NEW enhanced eBook on Student Consult UPDATED Color photos and line drawings clearly demonstrate important concepts and clinical conditions students will encounter in practice NEW and EXPANDED Additional case studies and videos illustrate how concepts apply to practice Updated chapters incorporate the latest advances and the newest information in neurological rehabilitation strategies NEW and UNIQUE New chapter on concussion has been added Separate and expanded chapters on two important topics Balance and Vestibular **Small Press Record of Books in Print** Len Fulton, 1993 **The Official Year Book of New South Wales**, 1929 **Understanding Depression** Patricia Ainsworth, 2009-09-18 Depression has been a scourge of humanity since the dawn of ages Vivid images from historical and religious texts describe sufferers of the

illness we now know as depression An equal opportunity illness it exempts no one based on race sex creed religion social status or nation of origin It affects one in five of us and its potentially lethal outcome suicide is the third leading cause of death among American teenagers What is this illness that costs us 44 billion each year What does it look like Is it moodiness Is it the result of a character flaw Can we just snap out of it Understanding Depression explores the reality of the illness from the author's twin perspectives as a psychiatrist and as a family member who experienced the tragedy of depression firsthand Using examples from her practice the author discusses the different types of depression the kinds of people at risk and the risk factors of suicide In understandable terms the book looks at the way the brain works and how the body communicates with it including recent discoveries about how the process fails in depression The book mirrors the author's belief that understanding depression is only half the battle Taking personal responsibility for fighting the beast is equally important Treatment methods discussed here include various forms of psychotherapy different classes of antidepressant medications and the controversial subjects of shock treatment and involuntary treatment Understanding Depression also offers tips for fighting depression day by day Finally the book takes a look at the innovative research that holds promise for better management of depression and at new weapons to combat it

**Annual Editions** Karen Duffy, 1991-12 **Court of Appeals: State of New York** Court of Appeals, 1887 **District Court, D. New Jersey. June 3, 1915** United States vs. United States Steel Corporation et al, 1915 The New Werner Twentieth Century Edition of the Encyclopaedia Britannica, 1905 **Terrestrial Magnetism and Atmospheric Electricity**, 1908 New Outlook, 1922 **Age of Enterprise** Ian Hunter, 2007 This book which covers an area little touched by traditional historians such as Sinclair Belich or King shows how entrepreneurship and innovation transformed the New Zealand economy in the late nineteenth century In particular it draws on case studies and historical evidence to reveal that the small organic rapidly expanding firm was the potent force in New Zealand's growth the local small time entrepreneur is the hero of this story By focusing on the shape of our economic history Ian Hunter here fills a major gap in our knowledge of the colonial period which has derived largely from the work of social and political historians **The Magazine of Wall Street and Business Analyst**, 1920

Understanding Depression Revised Expanded Edition: Bestsellers in 2023 The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous engrossing novels captivating the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the engaging narratives that have enthralled audiences this year. Understanding Depression Revised Expanded Edition : Colleen Hoovers "It Ends with Us" This heartfelt tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Understanding Depression Revised Expanded Edition : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Understanding Depression Revised Expanded Edition : Delia Owens "Where the Crawdads Sing" This captivating coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and gripping novel that will keep you speculating until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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