



# Tackling Depression: A Practical Guide to Everyday Coping

*Ian Birthistle*

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# Tackling Depression: A Practical Guide to Everyday Coping

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**Tackling Depression: A Practical Guide to Everyday Coping** Ian Birthistle

Focusing on practical, everyday methods for continued recovery, Tackling Depression:

Draws on the author's own experiences as a counselling psychologist and as someone who suffers from depression.

Covers all the major stages of depression, including identifying depression and its causes, methods of coping and continued recovery.

Takes a unique and simple slant on cognitive therapy, which is considered the most effective way to treat depression.

Contains chapters on suicide and depression due to straitened financial circumstances and unemployment.

Can be easily referred to again and again, as the various ideas for recovery may be of benefit to individual sufferers at different times.

Provides those close to a sufferer with information and a starting point for discussing depression.

Relevant and empathetic, Tackling Depression is an empowering tool for anyone suffering from or affected by depression.

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