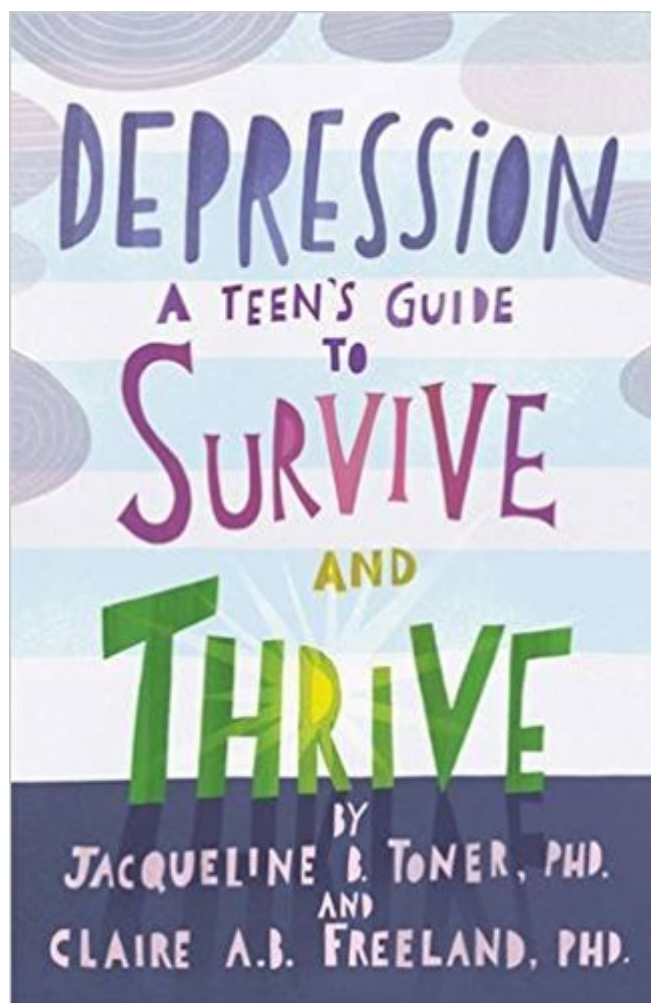


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# Depression: A Teen's Guide To Survive And Thrive



## Synopsis

Depression: A Teen's Guide to Survive and Thrive is a guidebook for teenagers who are depressed or at risk for depression. This guide discusses depression and provides guidance on cognitive behavioral therapy principles to help teens take a problem-solving, strategy-based approach to deal with depressed moods, thoughts, and behavior. Intended to serve as an adjunct to therapy, this is a very practical and easy-to-read book that is not overwhelming for teens.

## Book Information

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Average Customer Review: 5.0 out of 5 stars 9 customer reviews

Best Sellers Rank: #279,797 in Books (See Top 100 in Books) #33 in Books > Teens > Personal Health > Depression & Mental Health #295 in Books > Teens > Education & Reference > Social Science #304 in Books > Reference > Survival & Emergency Preparedness

## Customer Reviews

Gr 8 Up "This title addresses clinical depression for teens. The authors, both licensed psychologists, assert from the outset that in addition to the exercises introduced and discussed within the book, professional care and treatment may be necessary. Depression is defined, and coping mechanisms are sprinkled throughout, many of which teens can do at home. For instance, keeping a journal, strategies for turning negative feelings into positive ones, and lists of people who can be of help are suggested. The design allows readers to pick and choose areas of interest. Each chapter ends with a journal idea and a list of topics previously addressed. VERDICT Readers looking for help for themselves or a friend will find that this slim volume is chock-full of easy-to-implement ideas for those living with depression." Elizabeth Kahn, Patrick F. Taylor Science & Technology Academy, Avondale, LA

"In their balanced approach, Toner and Freeland offer information in a supportive, noncondescending way and treat depression like the serious issue it is, all while maintaining an ultimately positive

outlook." --Booklist

My daughter had found this book very helpful and full of strategies.

Very well written for the teenage reader. This book does not offer a "quick fix" for depression, but rather helps guide the reader through the process of learning about depression and building strategies to cope. The authors clearly have experience in their field and recognize that curing or coping with depression is a complicated, multi-faceted matter. This book is one piece of the puzzle. The book also offers exercises such as journaling and quizzes to help engage the reader in self-reflection. Highly recommended for any teen or parent/teacher of a teen!

This book is a great resource! It offers multiple, clearly laid out approaches, which can help teens find a safe beginning point and keep them from getting overwhelmed. And it offers tools and suggestions without minimizing the validity and unique perspective of each teen's individual experience with depression. I wish I had had this when I was a teen!

This book would be a "gift" to any teen experiencing depression. Written in a way that clearly shows respect for its readers, and in a tone that is both reassuring and empowering, it provides lots of useful information about depression, guidance about how to go about getting help, positive coping strategies, and ways to interrupt the cycle of negative thoughts, behaviors and feelings that contribute to depression. As a psychologist who works with adolescents, I look forward to sharing this very valuable resource with my clients.

I was at my wit's end trying to help my daughter with what appeared to be pending depression. She's 14. I came across this book in my search for guidance. This find made my day and her life ! It was written for her...by that I mean she knows what the authors are saying. she has read and taken all the advice to heart and practices what she has learned. The book is always with her. She has learned a lot and seems to be coming out of her slump, and I am one happy Mom ! I wish I could give a copy to every teenager...those with a problem and those who have a friend with a problem.

This book will empower teens struggling with depression. The book clearly explains what depression is and how and why it persists, and it guides the reader through different techniques for changing thought processes and behaviors to keep depression at bay. It's full of examples that

teens can relate to and is written in a friendly and engaging way. I wish this book had been around when I was a teen. Highly recommended for teens and parents!

I highly recommend this book for the teenagers in your life. It is clear and easy to understand for them and is based on best practices of evidence-based psychotherapy. These authors have written a number of books for younger readers also using cognitive behavioral therapy and it's great to see them venturing into helpful books for the older crowd

If you want a book to help teens and their parents and friends understand and cope with depression, this is the resource for you. It helps readers discern the difference between sadness as a normal and necessary emotion that is temporary and depression as a long-term condition that affects a wide range of emotions. The book includes exercises, quizzes, questionnaires, journaling to help teens deal information through the lens of their own experiences. The approach is positive, not diminishing the severity of depression, but counteracting its influence with sound information and a plan for survival. This book should be on the shelves of anyone working with adolescents in schools, churches or other organizations.

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