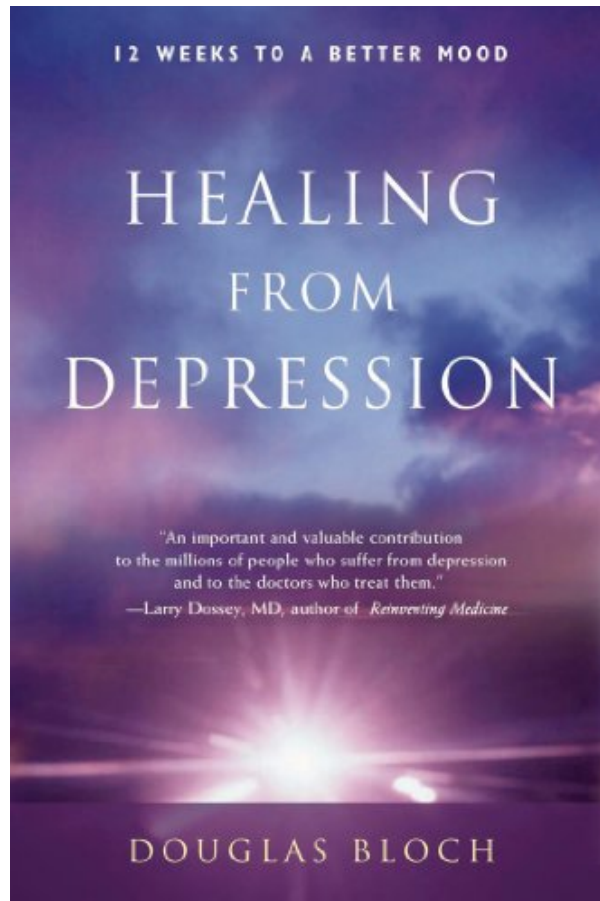
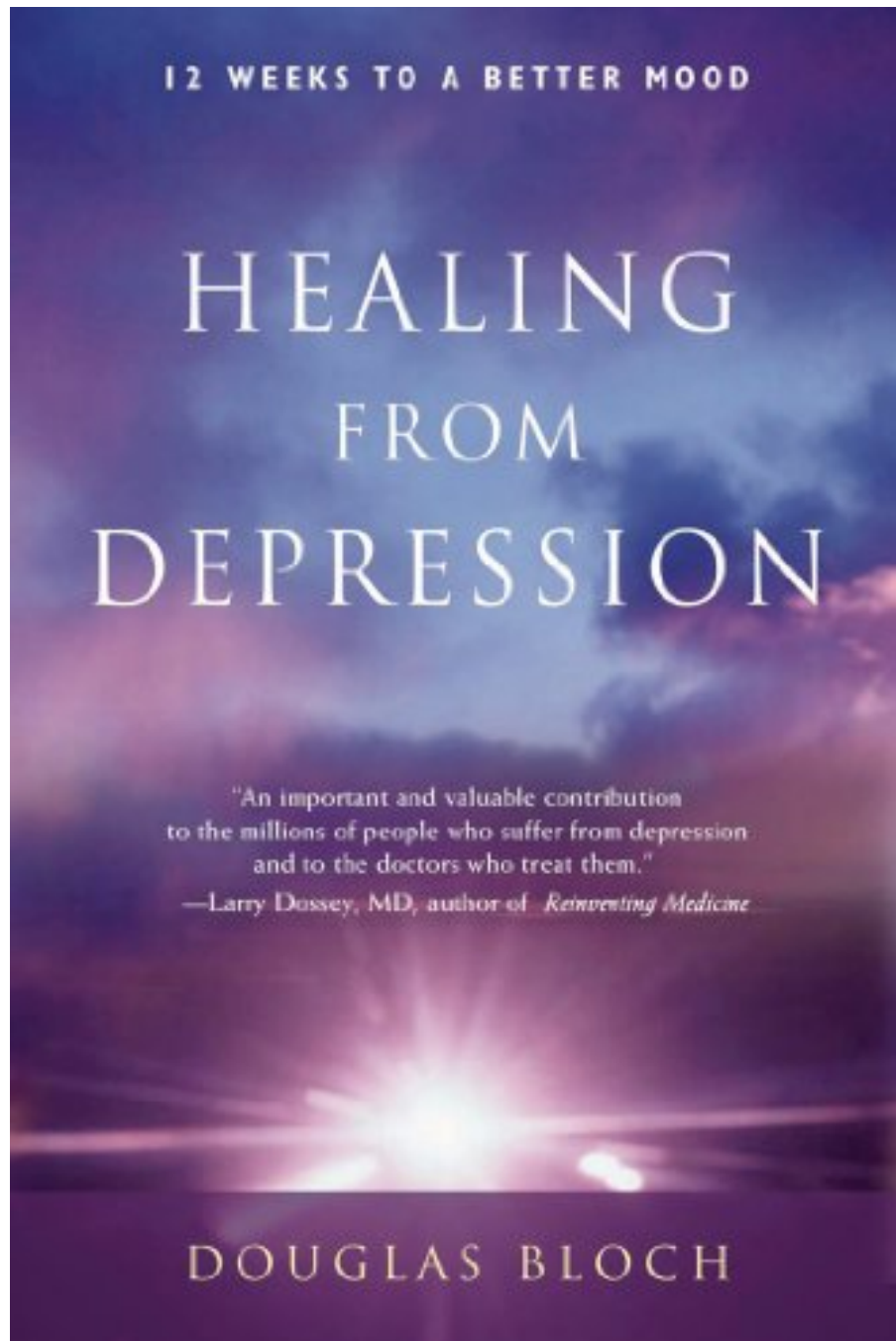


# HEALING FROM DEPRESSION: 12 WEEKS TO A BETTER MOOD BY DOUGLAS BLOCH



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## **Review**

"An important and valuable contribution to the millions of people that suffers from depression and to the doctors who treat them." --Larry Dossey, MD, author of Reinventing Medicine

## **About the Author**

Douglas Bloch is a counselor and teacher and the author of ten books, including his inspirational self-help trilogy Words that Heal and I am With You Always. His website is: [www.healingfromdepression.com](http://www.healingfromdepression.com).

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# HEALING FROM DEPRESSION: 12 WEEKS TO A BETTER MOOD BY DOUGLAS BLOCH PDF

In *Healing from Depression*, Douglas Bloch shares his struggle to stay alive amidst overwhelming despair and out-of-control anxiety attacks, and explains how the power of prayer and other holistic approaches ultimately led to his recovery. As one of the millions of Americans who suffer from depression, Bloch could not be helped by so-called “miracle” drugs. Therefore, he had to seek out conventional and alternative non-drug methods of healing.

The result is a 12-week program that combines his inspirational story with a comprehensive manual on how to diagnose and treat depression, offering new hope and practical strategies to everyone who suffers from this debilitating condition. Complete with worksheets and goal sheets to customize individual plans, *Healing from Depression* is an accessible self-guided program for managing and recovering from depression.

Acclaimed as a “life-line to healing,” this important book stresses the importance of social support, on going self-care activities like relaxation, nutrition, exercise, prayer, meditation, support groups, therapy and keeping a daily mood diary and gratitude journal.

- Sales Rank: #850095 in eBooks
- Published on: 2009-12-01
- Released on: 2009-12-01
- Format: Kindle eBook

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## Most helpful customer reviews

23 of 23 people found the following review helpful.

Good story of overcoming agitated depression

By Oliver L.

A well-written account of coping with very deep depression combined with anxiety and agitation. The author spends a fair amount of time talking about how religion and spirituality played a major role in helping him, so if this is a major turnoff for you for some reason keep that in mind (interestingly he describes himself as having grown up in a middle-class Jewish family but the spiritual awakening he undergoes seems to be within the context of Christianity, although I don't remember if he ever gives more specific descriptions of it along theological lines). He spends the first half of the book talking about his suffering, roughly, and the second half about his recovery program. His prescription for recovery, in rough order of importance, seems to be exercise, spirituality, social support, medication, therapy and diet. (Don't take this as an absolute

description it's off the top of my head.)

Also talks some about his struggles to find a long-term inpatient program, and his inability to do so under current insurance schemas (he winds up doing a day program, and recommends it for others.) Is not shy about talking about his own shortcomings, such as his divorce and the fact that he used to write self-help books, but was unable to follow his own advice when struggling with depressive symptoms.

Spends the obligatory amount of time paying lip service to biochemical and genetic theories of mental/emotional distress. Also discusses suicide, both in the context of his own impulse(s) towards that act as well as people close to him who acted upon it (the book is dedicated to one of them).

A useful complement to the genre of personal accounts of psychiatric suffering.

22 of 25 people found the following review helpful.

Lakey seal of approval

By A Customer

Douglas Bloch has written a clear, thorough and wonderful book. Anyone dealing with depression or who knows someone who is will benefit greatly from the presence of this book. Written with heart and knowledge, this is truly a gem.

11 of 11 people found the following review helpful.

Absolutely one of the books ever written on depression!

By Christopher Davis

I read this book as part of my work as an editor for [...] It is definitely one of the best books I've ever read on the topic of depression. So much good information, I would recommend it to anyone who wants to escape the pit and darkness of the depressive experience. Here is a link to my interview with Douglas Bloch, [...]

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