

## **Educate Yourself About Depression: Great Resources Are Available**

If you want, or need, to learn more about the causes and treatment of depression, there are some great resources available. In a span of only 30 years, depression has gone from one of the least understood, to one of the most understood, mental health issues. **To the informed, depression is no longer a mystery, nor is it a "chemical imbalance." It is a mood disorder, which has psychological triggers and biological effects.**

Depression runs in families, but it is not genetically passed on. Depressive styles of thinking and ineffective coping skills trigger most unipolar depressions. As children watch their parents and family members, and they internalize what they see, styles of thinking and coping are passed on. If you want to know more about depression, causes and cures, you can't go wrong exploring the following resources:

***Feeling Good***, by David D. Burns--Includes cognitive behavioral techniques that enable the reader to cope with a range of everyday problems, including depression.

***Hand Me Down Blues--How To Stop Depression From Spreading In Families***, by Michael Yapko, Ph.D. Describes the role of family patterns in developing depression and teaches specific strategies for breaking free of depression.

***Breaking The Patterns Of Depression***, by Michael Yapko, Ph.D. A user-friendly book which recommends an active, skill building approach to overcoming depression.

Depression is well understood and very treatable. The fact that it is the 4th leading cause of human suffering (according to The World Health Organization), and yet only 25% of depression sufferers seek treatment, reflects a lack of knowledge on the part of the general public. Because anti-depressant medications are a billion dollar industry, there is no motivation for the drug companies to provide solid education about depression. They continue to benefit from the "chemical imbalance" theory of depression, which is simply not true. **If you are interested in exploring the truths, causes and cures about depression, educate yourself! You can change your thinking and change your moods!**