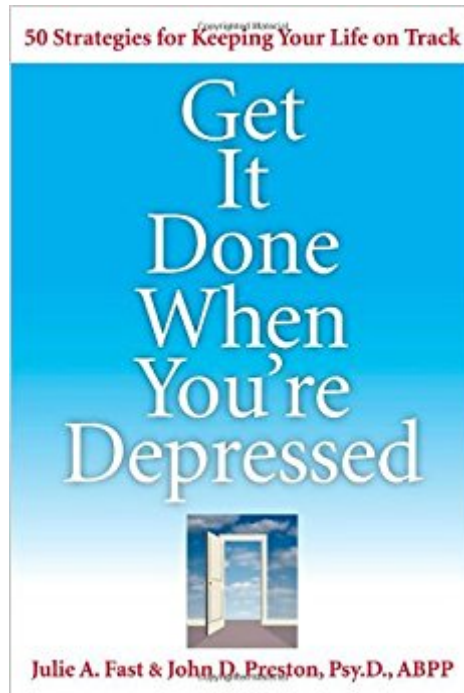




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Get It Done When You're Depressed



Synopsis

Shake the blues away. Everyone knows that depression can lead to guilt, sadness, frustration, and in the case of 15-20% of people with depression, suicide. Because we live in a culture that rewards (and often worships) productivity, when a depressed person can't meet the expectations of society, the depression becomes worse and a vicious cycle begins. The goal of *Getting Things Done When You're Depressed* is to break this cycle. Readers will learn:

- How to prepare yourself mentally for working while depressed
- How to structure your environment so you can work more easily
- How to work with others
- How to prevent depression

Book Information

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Customer Reviews

Julie A. Fast is an author whose website (www.juliefast.com) was the first to offer downloadable books on bipolar disorder and depression. It averages more than 240,000 visitors a year. John D. Preston, Psy.D., ABPP, is a professor of psychology with Alliant International University, Sacramento, and the recipient of the Mental Health Association's President's Award.

I have finally found a book that gets "real" about depression. I have yet to read a book, visit a website page or have a conversation with an individual where they understand that maybe there is no treatment for many of us who are life-long sufferers of depression. This book is the first I've ever read that acknowledges depression is a disease and sometimes all we can do is cope with the condition. Everytime someone suggests that I need to "find what I love and pursue it", "eat right" and "exercise", I want to punch them in the nose. It's so hurtful that people don't understand "mood

disorders" in the same way they understand cancer and multiple sclerosis. This book acknowledges that we will live with limitations and have to re-evaluate our life expectations. I have been struggling with depression and anxiety for a lifetime and I am now 50 years old. It occurred to me a few years back that there may not be a solution for my condition. Something I had never considered before. I've been searching for meds that will improve my condition but I have not been successful. I have to stop searching for a "cure" or "effective treatment" and try to cope. This book is important to individuals who have lived with depression for extended periods of time without relief. It may be an "unburdening" for some.

Finding myself dealing with a re-occurrence of depression, I found myself looking for ebooks on my Kindle for help. This book was good for giving practical tips to get myself moving when I didn't have the motivation. The author's honest and revealing insight into her own situation and history was very helpful. The one criticism I have is that after fifty sections, the format got a bit repetitive, and the information from the doctor seemed slightly forced in order to come up with something to match each of her techniques. Ultimately a good guide.

I have been depressed for approximately a year. I have struggled with understanding how to fight the depression. This book gave me a better understanding that I cannot wait until I don't feel depressed to get things started and going. It made me realize I may never get the motivation to get things started. Today I put the techniques suggested into use. It can take me anywhere from 30 min to 2 hours to get out of bed. Today I forced myself to not wait for the feeling to get out of bed but I made a decision to get up. Once I was up and going I was fine. I was looking for a magical cure for being depressed (that did not involve taking medication) and this book made me realize there is none. It is a step by step process. I would recommend this book to anyone who is depressed and wants to start living life again.

I have been dealing with depression since college. I found this book during my graduate study at an Ivy league school. It was tough, really tough. Not only that I had to move far away from home, the weather and the study were gruesome for me. If I didn't have this book, I didn't even know if I would ever finish the school. The chapters are all broken down into small sections with short real-life examples, bullet points, summary and suggestions. It certainly is easy to read especially when you are depressed. I flipped through it so many times when I was too depressed to work. I am so grateful for the author to write this book, for without it, I would have lost several years of my life not

accomplishing anything because of depression. Thank you! Thank you!

Even when there is nothing left, picking up this book is not impossible when you're depressed. If you can bring yourself to do nothing much at all, read a little of this. Julie's obvious first hand experience with the illness allows her to really validate the way you're feeling even if no one else "gets it". A long-term sufferer, she has collected along the way a large and extremely useful list of tips, observations and advice. Her stories and observations are easy to relate to for those who have been or are depressed and provide a great deal of comfort and hope. Every time I read a chapter of this book (don't worry, they're short and useful), I come away feeling better than when I started reading - with more motivation, more determination, and armed with ever more weaponry to fight off the most cunning of mental assailants.

Getting rid of depression is an admirable goal but life won't wait until we get better. Responsibilities still demand very much of us. But getting stuff done can seem impossible when depression stands in our way like an immovable boulder, blocking our road. Fortunately, there are many detours around that boulder. There are many ways to get stuff done despite depression lording over our brains. This book gives you those strategies. Don't think you can read a whole book? Don't sweat it! The chapters are short and you can read them in any order. You don't even have to read them all! Just check out whatever sounds appealing. This book is easily skimmed.

Many people suffering from depression or bipolar disorder find that depression remains a fact of life despite medication and psychotherapy. Is it depressing to find that you can't conquer your depression and make it go away? Well... yes! But... I found this book immensely helpful in a different way. It doesn't promise to help you find ways to get RID of your depression. But it has fifty practical, well-informed and creative tips how to keep functioning in the best possible way, depression and all. Which is something that many people need to do... to keep their life on track as best they can, even when things are tough. I learnt some very practical and helpful strategies, and felt encouraged in reading the author's experiences with depression and mood swings. She really knows what it's like - no false promises, no glib solutions, but down-to-earth advice on how to better live with depression. Warmly recommended.

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