



# **The Depression Solutions Workbook: A Strengths and Skills-Based Approach (New Harbinger Self-Help Workbook)**

*Jacqueline Corcoran*

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Because depression depletes motivation and self-esteem, it can trap you in a vicious circle-though you want to escape how you're feeling, it seems impossible to work up the energy to change.

Using solution-focused therapy, cognitive behavior therapy (CBT), and motivational interviewing, **The Depression Solutions Workbook** will help motivate you to combat the negative beliefs you have about yourself and end the self-destructive behaviors that sink you further into depression. This potent three-part approach will help you learn to identify your strengths, encourage you to take action, and teach you new coping skills. Once you're able to harness these new skills and enhance your existing strengths, you'll have the tools you need to make a positive and lasting change.

## **Build Strengths**

Create a personal set of depression solutions based on your hidden resources and strengths.

## **Build Motivation**

Find out how depression and other negative behaviors are hurting you and take a closer look at the benefits of overcoming them.

## **Build Skills**

Dissolve negative thoughts and feelings, improve your relationships, and recognize your depression triggers.

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Are you kind of stressful person, only have 10 or even 15 minute in your day to upgrading your mind skill or thinking skill perhaps analytical thinking? Then you are having problem with the book when compared with can satisfy your short time to read it because this all time you only find guide that need more time to be study. The Depression Solutions Workbook: A Strengths and Skills-Based Approach (New Harbinger Self-Help Workbook) can be your answer because it can be read by you actually who have those short time problems.

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