

The following titles on depression are available at the Craftsbury Public Library.

The Noonday Demon: An Atlas of Depression

Andrew Solomon

The Noonday Demon examines depression in personal, cultural, and scientific terms. Drawing on his own struggles with the illness and interviews with fellow sufferers, doctors and scientists, , drug designers and philosophers, Solomon reveals the complexities and agony of the disease.

Depression 101: A Practical Guide to Treatments, Self-Help Strategies, and Preventing Relapse

John D. Preston et al

This title offers simple and accessible yet proven-effective skills for coping with depression: cognitive behaviour therapy, exercise, nutrition, medication, mindfulness, improving social connections, and staying motivated.

Understanding Teenage Depression: A Guide to Diagnosis, Treatment, and Management

Maureen Empfield et al.

Based on the latest scientific findings, a guide to the diagnosis and treatment of teenage depression. Each year thousands of American teenagers are diagnosed with clinical depression

Night Falls Fast: Understanding Suicide

Kay Redfield Jamison

There has been a frightening surge in suicides committed by young people. Dr. Jamison knows this subject firsthand. At the age of 28, she attempted to kill herself. Her survival marked the beginning of a life's work to investigate both mental illness and self-inflicted death.

The Depression Book: Depression as an Opportunity for Spiritual Growth

Cheri Huber

This Zen guide to utilizing depression as an opportunity for spiritual growth and personal acceptance includes personal accounts, written exercises, and meditation instructions.

The Depression Cure: The 6-Step Program to Beat Depression Without Drugs

Stephen S. Ilardi

In the past decade, depression rates have skyrocketed, and one in four Americans will suffer from major depression at some point. Dr. Ilardi sheds light on our predicament and reminds us that our bodies were never designed for the sleep-deprived, frenzied pace of 21st century life.

Acquainted with the Night: A Parent's Quest to Understand Depression and Bipolar Disorder in His Children

Paul Raeburn

For those families dealing with children suffering from depression and mania, science reporter and writer Raeburn's memoir serves as an invaluable resource on the diseases and the various drugs and therapies available to ease the inner torment.

You Can Beat Depression: A Guide to Prevention and Recovery

John Preston

This guide explains the major types of depression and teaches self-help procedures. Accessible in form, it details medication, exercises, and ways to recognise depression and prevent a relapse after recovery.

The Wisdom of Depression: A Guide to Understanding and Curing Depression Using Natural Medicine

Jonathan G. Zuess

This book advances the idea that depressive symptoms are a reaction to harried lives. The initial stage of depression is designed to enhance our ability to focus inward and find solutions to emotional challenges. The therapies in this informative book help restart the healing..

When Someone You Know Is Depressed: What You Need to Know about Depression and Its Effects on Relationships

Laura E. Rosen et al.

If someone you love is depressed, you undoubtedly recognize that the depression has placed some new burdens on you; however you may be affected in more ways than you realize.

A Mind of Your Own: The Truth about Depression and How Women Can Heal Their Bodies to Reclaim Their Lives

Kelly Brogan et al.

A Mind of Your Own is must reading for everyone who has bought into the idea that drugs are the best answer to anxiety and depression. With the research to prove it Dr. Kelly Brogan lays out a path to help you reclaim your mind and your brain health.

The Brain That Changes Itself: Stories of Personal Triumph from the Frontiers of Brain Science

Norman Doidge

A new science called neuroplasticity is overthrowing the notion that the human brain is immutable. Psychiatrist Norman Doidge, M.D., traveled the country to meet both the brilliant scientists championing neuroplasticity and the people whose lives they've transformed.

Change Your Brain, Change Your Life: The Breakthrough Program for Conquering Anxiety, Depression, Obsessiveness, Anger, and Impulsiveness

Daniel G. Amen

This book explains which brain structures are associated with psychological problems and offers specific "prescriptions" (cognitive exercises, nutrition, and medication) to heal each problem

Hi, Anxiety

Kat Kinsman

An insightful look at an often misunderstood disorder that doesn't have an immediate cure, this book should appeal to anyone who has struggled with anxiety or loves someone who has.

Stop Depression Now: SAM-e, the Breakthrough Supplement

Richard Brown et al

Stop Depression Now introduces a medical marvel that treats depression in half the time of prescription antidepressants with no side effects.

The Hypericum Handbook: Nature's Antidepressant

Carol Turkington

Nature's answer to Prozac. This book describes how and why Hypericum alleviates depression; where to find it, grow it, take and stop taking it; as well as what precautions you should take.