



# Depression Workbook: A Complete & Quick 10 Steps Program To Beat Depression Now

*Heather Rose*

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For people under the influence of clinical depression, one of the main requirements for getting back to normalcy is a good support system. Family members and friends act as the first level of contact points for the person suffering from depression. They have to create a suitable environment for the depressed person to take some self assuring steps that would help the person to come out of depression. One such self training tool that can be introduced to the depressed person is the Depression workbook created by Heather Rose. Heather rose has created this depression workbook in the form of an e-Book that can be accessed using the Kindle e-Book reader. Titled "The depression cure workbook - A complete and quick 10 steps program to beat depression now", this e-Book is actually a part of the Ultimate survivor guide series started by Heather Rose. Other workbooks that have been released as part of this series include depression and anxiety workbook and Anxiety and depression workbook for dummies. This particular e-book comes in the form of 10 chapters that are termed as activities by the author. Since it is a work book, the term activity is more apt than the term chapters. Each and every activity contains a sequence of steps that need to be performed by the depressed person. The series of activities would ultimately lead the depressed person to take affirmative steps needed to come out of it. By doing the activities without fail as laid out in this e-Book, the affected person would start developing a positive frame of mind and get the strength required to lead a normal life. While doing the activities given in the different sections, the depressed person has to take a print out of all the pages available in this workbook. The total number of pages comes to around 44. After taking the print out, the affected person has to answer some questions. Some questions would be objective in nature, while some might require some hand written answers. Written answers have to be provided in a short and concise form, so that the person suffering from depression feels less burdened while giving the answers. Though it is difficult for a depressed person to give concise answers, by trying to concentrate on the points that need to be elaborated, it would become easier for the person to start writing. To start with, it is better to put all the thoughts that the person gets in to written answers. Then, while doing a review, the person can make the required changes to make it more relevant. The different sections available as part of this depression workbook PDF is 1. The activity of ascertaining whether the person is actually down with clinical depression 2. Assessing the different emotions and identifying the strongest emotion 3. Analyzing the different thoughts and feelings 4. Leaving aside the negative feelings and thoughts 5. Converting negative thoughts in to positive thoughts 6. Giving more emphasis to Socializing 7. Prioritize the areas that require improvement 8. Planning for the future 9. Designing a self help plan 10. Monitoring the progress.

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