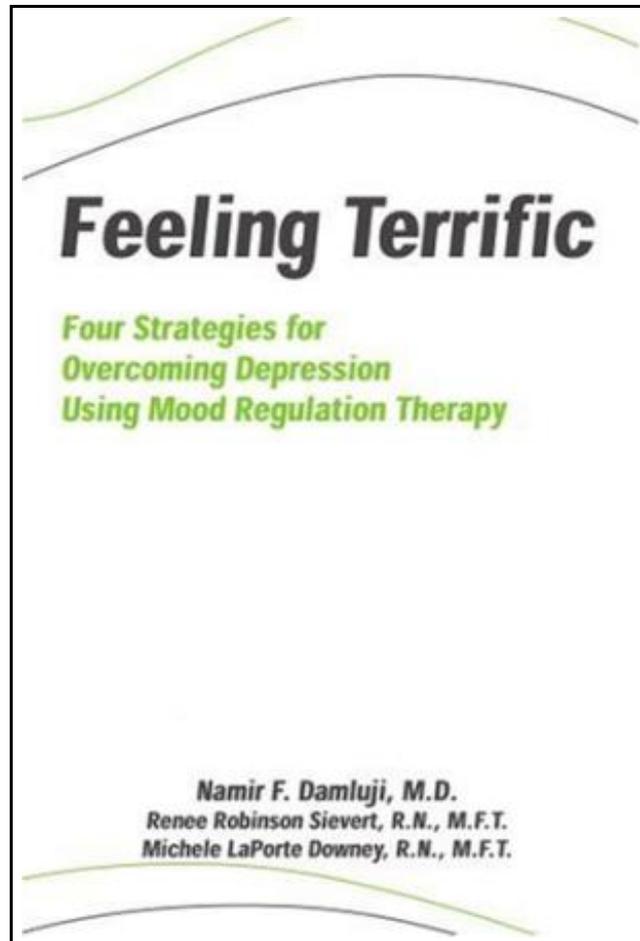


Feeling Terrific: Four Strategies for Overcoming Depression Using Mood Regulation Therapy (Paperback)



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Reviews

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(Ivah West)

FEELING TERRIFIC: FOUR STRATEGIES FOR OVERCOMING DEPRESSION USING MOOD REGULATION THERAPY (PAPERBACK)



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iUniverse, United States, 2005. Paperback. Book Condition: New. 226 x 150 mm. Language: English Brand New Book ***** Print on Demand *****.If you ve ever experienced depression, you know how difficult it can be to recover. Even after treatment, the moodiness, low motivation, negative thinking, or communication troubles can come back. That s because current treatment methods generally focus on a single dimension, when life is multi-dimensional and complex. **Feeling Terrific: Four Strategies for Overcoming Depression Using Mood Regulation Therapy** presents an exciting new approach to depression recovery. In **Feeling Terrific**, authors Namir Damluji, Renee Robinson Sievert, and Michele LaPorte Downey help you to: *Discover how your mind, body, and spirit interact with your emotions, thoughts, and the environment *Examine the mood regulation concept and the four dimensions that influence it *Explore biological strategies to improve your physical and emotional self *Identify cognitive strategies that will change the way you think *Recognize ways to interact socially to enhance your well-being *Learn how spirituality can make life more meaningful *Set goals to help you refocus, re-think, and rediscover a life of feeling terrific More than 30 percent of today s population reports having experienced some form of depression. If you or someone you know is struggling with depression, **Feeling Terrific** should be the first step on the path to recovery and beyond-guiding you in setting goals that will help you refocus, re-think, and rediscover life.

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