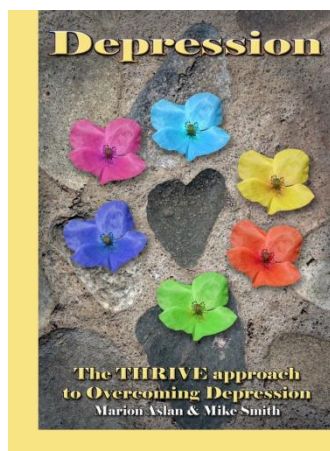


The THRIVE Approach to Overcoming Depression

Marion Aslan & Mike Smith – crazydiamond

ISBN – 978 0 9556 461 4 0



Depression can take many forms, and although most people feel low or unhappy at some point in their lives, many will experience that intense, disabling, physically and emotionally painful state of depression. This affects the life of the individual and those around them in very significant ways, often interfering with relationships, work, and our functioning at every level. Depression causes us to see life as futile and pointless; it diminishes us and causes us to become detached from the world. The overwhelming fear is that it's never going to get any better whatever we do.

Depression affects 10% of the population in Britain at any one time, and 1 in 6 people in the UK will suffer from depression at some point in their lives. According to the World Health Organisation more than 30 million people in the world have now been prescribed the anti-depressant Prozac. For some the medication may be useful in the short term. However, the reality is that for the majority, in terms of “curing” the depression the drugs don't work! They may “take the edge off things” and some people find this useful as it gives them an opportunity to reflect upon the situation and work things through, but if you are expecting the pills to fix you then you will be sadly disappointed. Some psychiatric drugs come with their own set of problems. For some people the side effects are horrendous, and they may even exacerbate the original problem, making recovery a longer process.

This workbook looks at the range of alternatives that people can adopt in working through depression, stress and anxiety. By having a range of “tools” and coping strategies that can be employed, it is possible to overcome the disabling effects of depression and become empowered towards living a life where the depression does not prevent or hinder living that life to the full.

Our work is based on personal experience and the experiences of others who have taken power and control over their depression. It is not easy, there are no quick fixes, indeed it requires a lot of hard work, soul-searching and commitment to change one's outlook, but the rewards are well worth it. Learning to live well, enjoying pleasures life brings and reaping the benefits of putting effort into life is an art which once learned can never be unlearned!

For details of training courses on the THRIVE Approach or to view our full range of Recovery training visit

www.crazydiamond.org.uk

or ring Mike on 07764 764587 or Marion on 07934 675237

To order a copy of the book (£15-00 inc. P&P) Paypal and e transfer accepted please contact;

mikesvoice@aol.com or marionaslan@aol.com

Or send address details plus cheque to CrazyD ltd

136, Crow Lane West, Newton le Willows, England. WA12 9YL