



# Beat the Blues Before They Beat You: How to Overcome Depression

*Robert L. Leahy*

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## **Beat the Blues Before They Beat You: How to Overcome Depression** Robert L. Leahy

Over the past year, 16.5 million Americans—1 in 13 adults—of every race, age, and socioeconomic class experienced at least one major bout of depression. These numbers have been steadily rising, and sadly, one third of people who feel the unbearable pain, hopelessness, and self-criticism of depression never seek treatment. If not you, then someone you know most likely hides within these statistics, suffering in silence. The good news is that with effective treatment you can overcome depression—and once you do, you have a good chance of preventing its recurrence.

*Beat the Blues Before They Beat You*, the follow-up to best-selling author **Robert Leahy's** *The Worry Cure*, outlines the causes, symptoms, and treatments for depression in a clear and easy-to-read manner. Real-life patient stories combined with simple step-by-step instructions help you understand depression. Learn what triggers your moods. Figure out how to defeat feelings of fatigue, loneliness, and hopelessness. Design a plan to develop self-confidence. Determine what treatments—both medication and therapy—are available to prevent relapse. *Beat the Blues Before They Beat You* is a collection of the most powerful tools in cognitive therapy to help you curb your thoughts and behaviors, so you can begin to feel good again.

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Reading can called imagination hangout, why? Because while you are reading a book specially book entitled Beat the Blues Before They Beat You: How to Overcome Depression your thoughts will drift away trough every dimension, wandering in each aspect that maybe unidentified for but surely will become your mind friends. Imaging each word written in a reserve then become one application form conclusion and explanation which maybe you never get before. The Beat the Blues Before They Beat You: How to Overcome Depression giving you one more experience more than blown away your mind but also giving you useful facts for your better life with this era. So now let us explain to you the relaxing pattern the following is your body and mind are going to be pleased when you are finished examining it, like winning a casino game. Do you want to try this extraordinary shelling out spare time activity?

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