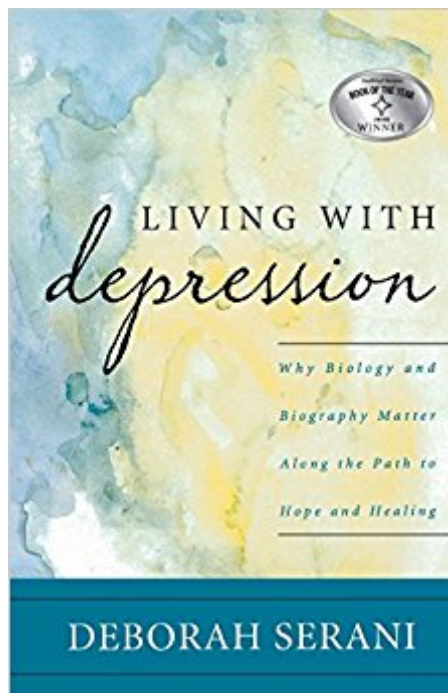




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# Living With Depression: Why Biology And Biography Matter Along The Path To Hope And Healing



## Synopsis

One out of four Americans will experience mental illness in their lifetime; major depressive disorder is the leading cause of disability in the United States for ages 15 through 44. However, only a fraction of those suffering will seek treatment; 25 percent will seek treatment for symptoms. Stigma claims the other 75 percent, wedging depressed individuals into a life of silent suffering. In *Living with Depression*, Serani outlines the various forms of depression, describes the different treatments, and outlines methods for living with depression and getting the help you or a loved one needs. Tips on how to choose a good therapist, negotiate the labyrinth of healthcare, and minimize stigma are addressed, as is learning how to use biology and biography as tools of empowerment. Listings of national and global resources make this a ready resource for everything you need to know about depression.

## Book Information

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## Customer Reviews

Her strategies are concrete, concise and compassionate. Ranging from simple tips like being consistent with medication and not skipping scheduled therapy sessions to complex issues such as creating a suicide prevention plan and effectively dealing with stigma. (Psychology Today) New York psychologist Serani helps patients understand their depression by first understanding what depression is, and then how to navigate the complex system of seeking effective treatment. In the first chapter, Serani shares her own experience with debilitating depression with hopes that her experience 'will serve as an encouraging reminder that depression can be treated.' As she moves

into the more scientific sections of the book, she uses examples from her personal and professional experiences to provide more rounded explanations. She understands and acknowledges the reserves people have about using medication and consciously addresses the different treatments with that in mind. The aim of this book is to help patients come to terms with the diagnosis and the attendant stigma attached....Much of the focus is on being proactive and utilizing available resources. (Publishers Weekly)Psychologist Serani shares her own experience and related research in an effort to help all those suffering from depression to understand the disease and negotiate the labyrinth of health-care options and stigma attached to depression. She advocates knowing one's triggers, avoiding toxic people, staying connected with support systems, and making a plan to thwart suicide attempts. Serani offers validity and help to those who suffer from mood disorders but feel ashamed or don't know where to turn for help. This is a valuable resource with the potential to save lives. (Library Journal)Serani offers a guide book with a soul. She clearly writes of the trials of major depression and the promise of science. She does so as a gutsy clinical psychologist who shares the wisdom made from her suffering, not just her training. She rarely shrank from the challenges of mental illness however they appeared, which will serve as an inspiration to most readers. Her comments on the roadblocks of stigma remind us that the pain of depression and most mental illness arise not solely from the illness, but from the harsh response society has to people with these disorders... (Patrick Corrigan, distinguished professor of psychology at the Illinois Institute of Technology)Serani offers a guide book with a soul. She clearly writes of the trials of major depression and the promise of science. She does so as a gutsy clinical psychologist who shares the wisdom made from her suffering, not just from her training. She rarely shrank from the challenges of mental illness however they appeared, which will serve as an inspiration to most readers. Her comments on the roadblocks of stigma remind us that the pain of depression, and most mental illness, arises not solely from the illness, but from the harsh response society has to people with these disorders. (Patrick Corrigan, distinguished professor of psychology at the Illinois Institute of Technology)As someone who has lost a loved one to suicide, I know the accompanying journey of depression and hopelessness well. I also know the fear of sharing that journey with others. Deborah Serani courageously shares her path of despair to hope and healing with the intent of helping others from what she has learned and experienced. She also does it to continue to break the stigma that needlessly surrounds mental illness. In *Living with Depression*, she succeeds with her messages of hope. May this book reach the far corners of both people who suffer from mental illness and those who need to understand it. (Michelle Linn-Gust Ph.D, President, American Association of Suicidology and author of *Rocky Roads: The Journeys of Families through*

Suicide Grief)I found Living with Depression to be not only fascinating but, since the author suffers from depression herself, also compassionate, understanding and informative. Bravo! (Jessie Close, BringChange2Mind.org)Sometimes, with the best of intentions and efforts, psychological professionals can't get across essential information to their patients. Living with Depression bridges that gap in communication. I wish this book had been around when I first began to deal with depression-and I will still use it as a guidebook in the future. Patients can benefit from the doctor's perspective and doctors can learn from their patients. That both are the same gifted author is a blessing to all who deal with mental illness. (Delta Burke, Actress)

Dr. Deborah Serani is a psychologist in private practice in New York. She has appeared as an expert on various media outlets including MSNBC.com, MedScape.com, ABC News, Medscape, All You magazine, Newsday, Baby Talk magazine, Chicago Sun-Times, USAToday.com, Wall Street Journal Health Blog, Washington Post Health Blog, HealthCentral.com, and many more. She has also published articles in academic journals.

This book is the best book I have ever read on depression and I have been dealing with this illness for over 35 years. Dr. Serani is a God send.I am only half way through the book and will write more when I am on the right antidepressant and dosage and feeling good again. Many things she has written I have been thinking but have had no one who agreed with me. Thank you Dr. Deb.

As others have stated in their reviews, this is an excellent book. It is wonderful to have such a good overview of the treatments for mood disorders and the process of diagnosis in a very helpful, hopeful context. Dr. Serani has a very nice balance in her writing. She comes across as authoritative by virtue of her profession but is far more compelling to me because she has experienced living with depression first hand. The reason I said this would be my "one book" about depression is that she goes on to deal specifically with suicide prevention and dealing with stigma. Other books I have read are good first person accounts or advocate specific treatment approaches. This book combines narrative with instruction in a very readable package.I would recommend this book as an excellent resource for someone trying to help a friend or family member who is dealing with depression. It covers the basics and then gives resources for further help in the extensive appendices. I also found the list of "High profile people with mood disorders" very encouraging.

I found this book to be very easy to read and it helped understand why I do the things I do. She also

uses words and phrases that you hear from your psychiatrist but defines what those special words mean. I would recommend this book to anyone struggling with Severe Depression and for families of a family member with Clinical Major Depression, including mood disorders, anger, anxiety..... Excellent read.

Deborah Serani has done a wonderful job covering the issue of depression on a personal basis. There's none of the "I know better than you," or know-it-all. Various areas are covered from meds to personal logging of the journey for growth. It will be a great reference as I struggle on and learn to enjoy life again.

From the perspective of a current graduate student, this book is right on par. Not only is it extremely informative and educational, but also it is raw and honest. The short vignettes grab your heart and make it quite difficult to put down. It is refreshing to hear a success story without a contrived or romanticizing feel. The book tracks a continual journal, while providing knowledge and hope along the way. A must have for anyone interested in the field of psychology or just someone who knows what it feels like to be "blue."

While not everyone has depression, everyone knows someone suffering with this problem. Deborah Serani, PhD. offers us a chance to truly understand what it is to live with depression, and then how to deal with it. She offers the unique perspective as not just a therapist and educator but also a patient. She bravely recounts the depths of her own depression and recounts how she has, with help, succeeded. This very well written work will help both those with depression and family or friends who just want to learn more.

Good Book. Interesting points !

The book helped me to understand what my son who suffers from depression is going through.

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