

Date:

# Depression & Low Self-Esteem

4.2 

Title: **Overcoming Depression**

Author(s): **Gilbert**

Publisher: **Robinson**

Year: **2000**      ISBN: **1841191256**

Depression & Low  
Self Esteem    4.2

- Introduces depression and its causes
- Teaches the reader better coping skills to manage depression and low mood by challenging negative thoughts and feelings using cognitive behavioural techniques
- Suggests how to cope with anger, frustration, disappointment and “failure”
- Includes useful thought diaries and self-help monitoring sheets, which can be used as the reader works through the guide

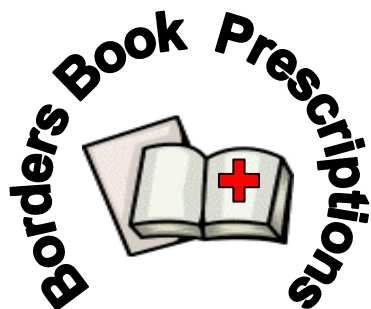
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