



# 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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