

# Undoing Depression What Therapy Doesnt Teach You And Medication Cant Give Richard Oconnor

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## Undoing Depression What Therapy Doesnt

My hope and plans is to become an advocate for others and myself. Every time I think of one book to help someone with depression, it is Richard O'Connor's Undoing Depression that I suggest. The subtitle lives up to itself: What Therapy Doesn't Teach You and Medication Can't Give You.

## Undoing Depression: What Therapy Doesn't Teach You and ...

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## Richard O'Connor

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### **Amazon.com: Undoing Depression: What Therapy Doesn't Teach ...**

Undoing Depression: What Therapy Doesn't Teach You and Medication Can't Give You. by. Richard O'Connor. 3.99 · Rating details · 1,011 ratings · 101 reviews. This refreshingly sensible book teaches how to replace depressive patterns of thinking, relating, and behaving with a new and more effective set of skills.

### **Undoing Depression: What Therapy Doesn't Teach You and ...**

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### **Amazon.com: Undoing Depression: What Therapy Doesn't Teach ...**

David: For those of you who've asked, here's the link to Dr. O'Connor's book: "Undoing Depression: What Therapy Doesn't Teach You and Medication Can't Give You". I hope that everyone got something positive from tonight's conference. It is getting late and I want to thank Dr. O'Connor for being our guest tonight. His site is: [www.undoingdepression.com](http://www.undoingdepression.com).

### **Undoing Depression: What Therapy Doesn't Teach You and ...**

Undoing Depression teaches us how to replace depressive patterns of thinking, relating, and behaving with a new and more effective set of skills. O'Connor also provides new information on medications, stress-related afflictions, the benefits of meditation and exercise, and the link between depression and attention disorders.

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## **Undoing Depression: What Therapy Doesn't Teach You and ...**

It is as if they are in over their heads and don't know how to swim; the harder they work, the worse things get." Richard O'Connor is the author of five books, *Undoing Depression: What Therapy Doesn't Teach You and Medication Can't Give You*, *Active Treatment of Depression*, *Undoing Perpetual Stress*, and *Happy at Last*.

## **Undoing Depression | A Self Help Site...**

Recognising that medication is not a magic cure, *Undoing Depression* offers a range of therapies, from exercise to self-help and psychotherapy, and includes entirely new chapters on using meditation and the role of stress.

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## **Undoing Depression: What Therapy Doesn't Teach You and ...**

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