

FOURTH EDITION

# Winter *Blues*

Everything You Need to Know to Beat

■ Seasonal Affective Disorder ■



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# Winter Blues, Fourth Edition: Everything You Need to Know to Beat Seasonal Affective Disorder



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"A 'landmark publication.'"--The New York Situations\*When the dark times of winter strategy, do you feel sluggish and slow? Could it be a struggle to get out of bed every morning?"Do you have a problem focusing at the job or in relationships, experience down in the dumps, or, worse still, obtain really depressed? Dr.In the event that you answered yes to 1 or more of the questions, you might be one of the millions of people who have problems with seasonal affective disorder (SAD). Dr. Picking right up this book is the first step toward feeling even more energized, effective, and alive--all year very long. Norman E.Observe also Dr.\*Does it get harder than ever to stay to a healthy diet plan and control your weight? Rosenthal's Winter Blues Survival Instruction, a step-by-step workbook that helps you craft a personalized SAD treatment solution. The thoroughly updated fourth edition features a fresh chapter on different meditation procedures and their benefits. Packed with details and insights, that is a tried-and-accurate survival kit for weathering the wintertime blues. Rosenthal's engaging, compassionate style and rich store of scientific wisdom possess made this trusted guideline a perennial bestseller. Rosenthal clarifies how exactly to evaluate your personal degree of seasonality, get probably the most out of light boxes and other effective self-help options, and make informed decisions about antidepressants and psychotherapy.



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Both comprehensive and practical People with significant depression related to season switch - "SAD" (Seasonal Affective Disorder) - do need to know everything in this book, and people with mild types of SAD will see it equally useful. So awfully glad I picked out THIS book So, I knew I was "solar-powered"---my hubby brought this to my interest years ago, before I was aware of it myself. The publication is clearly and incredibly carefully written. Your Toolbox for Dealing with SAD This gives you a lot of information and approaches for dealing with Seasonal Affective Disorder. People with mild symptoms may want to skip the debate of the research and research in the first part of the reserve and concentrate on the chapters talking about treatment, including specifically light therapy. It offers an excellent picture of the wide variety of SAD symptoms and the many treatment approaches. Great Resource I've struggled with melancholy for some of my adult lifestyle. It took a long time, and many different doctors, prior to the diagnosis of SAD. This book could have helped me therefore much, if it had been written about twenty years ago. I highly recommend it for anyone wanting to learn about SAD. This reserve has proved invaluable and I contemplate it a must-read to anyone who thinks they will have SAD. This book's advice and the use of the lightbox provides nearly saved my entire life! I think a lot of people dismiss the seriousness of the type of depression due to it.) Complete guide for anybody interested in SAD. I'm really pleased I bought this book! But, as the book factors out, it is not uncommon to take years for many individuals to be diagnosed. Good information My MD suggested this publication. Dr. Rosenthal's writing style is also very available and you will tell he includes a lot of personal encounter about this issue, not only professional. I recommend this publication! It's encouraging to know that they've dealt with and are happily living with SAD, therefore i can too. Points I did not think were related were brought out in the reserve and I noticed how these were impacting my entire life - and had been - for at least 20+ years when I resided in the Midwest. The writer brings to the topic extraordinary expertize structured both on knowledge in treating sufferers and understanding of the research.I wanted to see easily could make it through the wintertime here, as I wouldn't mind staying here to be nearer to relatives. So awfully glad I chosen THIS book! You can easily read and understand. It explained why I became so depressed in the Midwest but never really had these episodes when I resided in Phoenix.D, that is a must-read.A. Excellent update I had go through a version of this about 10 years ago that was decidedly less helpful than this revise. The light box recommended in this reserve was excellent and incredibly helpful. Many information included here helped me understand just what I was dealing with and put the entire subject on a good platform of science, rather than guesswork. This can be a real health with emotional and physical ramifications - not a psychological condition. A MUST browse for anyone who has, or think they may have, Seasonal Affective Disorder I read this reserve due to it's high ranking and wanting to learn more about SAD. I didn't realize I even had it for sure until I moved very much farther north to Seattle this past year on Christmas day time.This book covers every part of SAD I can think about. I became so tired the sports I normally adored to play stopped. I stopped going out and being sociable. I went to visit a relative in the Midwest in April and did not want to come back to Seattle because of the unhappiness I developed generally there. I returned in October merely to pick up my stuff and move apart. I had heard of the use of light boxes, but I got never actually searched for more information. Unfortunately I created the SAD here aswell. Armed with this publication, I can say I've survived. And when you have ever handled severe SAD, you know the feeling by the end of winter. What was said to be a move I was totally worked up about and a fantastic place for me to live - I am an avid outdoor sports addict and like the culture there - converted into a total fail. Overall, extremely

recommended, especially if you do not know much about SAD, actually everything you'd need to know about it and how to treat it is in this publication. I had in the past been misdiagnosed with so many things to describe the recurring depressions, pounds gain, fatigue and additional symptoms that are SAD. Not that anyone wants to hear there is something amiss with them, it had been a relief to me to finally find out what has been going on with me all these years, and furthermore, how exactly to treat it. I desire I had this information so a long time ago. I was lately identified as having SAD and i understood some general information about it, but what I love about this book can be that it lives up to it's title. If ever you possess suspected you or that somebody in your daily life has S. Four Stars comprehensive Helpful book! And so on. Reading the webpages of the book, and also others who had stories similar to mine, I felt very validated. We am moving to a sunnier area, as the treatments for SAD help, but my case appears to be very severe and, I've the option in order to move. It really is well-written, readable (nothing like a college text message book), and has a number of resources for people with SAD. I've recommended it several times currently and will continue steadily to do so. A must read for SAD folks I read this publication cover to cover before purchasing my lightbox. (I must say, I desire they would have come up with a different acronym. I tell people about it all the period. Even if you decide to move to sunnier lands, if you believe you have SAD or winter depression of any sort, this will show you to feeling better! The author provides helpful advice on how to select the right light therapy devices and how to use it most effectively. Five Stars Got it for a pal who says it helped her a lot. It REALLY is normally everything you need to learn and it's convenient and helpful for me to have it in one place instead of having to research on the web and such. It's got a lot of information, but a bit more review than I'd wish. I'm reading it 1 chapter at a time trying to use suggestions. I suffer from SAD. I would recommend then follow up with a dynamic fb group. Why I acquired to move from Seattle but was content in Austin. Good info A good starting point for all those suspecting they may have sad. This publication (I've the Kindle version) offers insight into SAD and suggests methods to combat it. I also appreciate the tales from other folks and his patients. Five Stars Extremely informative and helpful book.



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