

Get It Done When You're Depressed



Julie A. Fast & John D. Preston, Psy.D., ABPP

Get It Done When Youre Depressed By Julie A Fast

Julie A. Fast, John Preston



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Get it Done when You're Depressed Julie A. Fast, John Preston, 2008 Offers fifty strategies for being productive while suffering from depression such as avoiding isolation, eliminating distractions, and regulating sleep.

Take Charge of Bipolar Disorder Julie A. Fast, John Preston, 2023-05-09 Revised and updated *Take Charge of Bipolar Disorder* is a groundbreaking comprehensive program to help those with bipolar disorder and those who care about them gain permanent control over their lives. Most people diagnosed with bipolar disorder are sent home with the name of a doctor and multiple prescriptions. However, few people with bipolar disorder are able to find long-term stability with medications alone. Bipolar disorder researcher and expert Julie A. Fast, who was diagnosed with the illness at age thirty-one, and specialist John Preston, PsyD, offer the pioneering *Take Charge* program used around the world to help readers promote stability, reduce mood swings, increase work ability, decrease health care costs, and improve relationships. The book guides those with bipolar disorder and their loved ones toward a comprehensive personal treatment plan by incorporating medications and bipolar-safe supplements, lifestyle changes that help manage bipolar symptoms naturally, behavior modifications that reduce and prevent symptoms, guidelines on assembling an effective support team. By helping readers gather powerful strategies, *Take Charge of Bipolar Disorder* delivers a dynamic program to treat this difficult but ultimately

manageable illness **Summary of Julie A. Fast & John D. Preston's Loving Someone With Bipolar Disorder** Everest Media,2022-03-09T22:59:00Z Please note This is a companion version not the original book Sample Book Insights 1 The partners of people with bipolar disorder are very similar You are the one who stays in the relationship instead of walking away You are the main caretaker When your partner is ill you take care of the house the finances and the children while having to hold your fear inside 2 The goal of this book is to help you find the right balance between understanding and helping your partner so that you are still able to pursue your own goals and dreams You will learn how to change what isn't working into something that does 3 holistic treatment for bipolar disorder focuses on medications but it is also known that many people with bipolar disorder can achieve stability once they have a treatment plan that helps them prevent the symptoms that characterize the disorder 4 Loving someone with bipolar disorder is not a diagnosis but it is important to understand that your partner has a mental illness that requires treatment It is important that your partner is evaluated by a mental health professional who specializes in treating severe mental illnesses **Loving Someone with Bipolar Disorder** Julie A. Fast,John D. Preston,2012-01-02 Written to the partner of a bipolar individual this book will help readers mend strained relationships control episodic crises learn which coping approaches work and create loving healthy relationships Readers also learn how to recognize a bipolar conversation and survive the financial turbulence manic spending may cause

Conquer the Clutter Elaine Birchall,Suzanne Cronkwright,2019-10-01 How to take back your life when your things are taking over Why does Cliff a successful lawyer who regularly wins landmark cases step over two foot piles of paper whenever he opens his front door Why do Joan and Paul ask Children's Services to take their three children instead of decluttering their home Why does Lucinda feel intense pressure to hold onto her family's heirlooms even though she has no room for them They have hoarding disorder which an estimated 2% to 6% of the adult population worldwide experience Conquer the Clutter offers hope to anyone affected by hoarding Real life vignettes combined with easy to use assessment and intervention tools support those who hoard and those who care about them Written by Elaine Birchall a social worker dedicated to helping people declutter and achieve long term control over their belongings the book provides an overview of hoarding defining what it is and is not explains the difference between clutter and hoarding describes different types of hoarding in detail including impulse shopping closet hoarding and animal hoarding debunks myths about hoarding and hoarders explores the effects that hoarding has on relationships on work and on physical and financial health presents a practical step by step plan of action for decluttering contains dedicated advice from individuals who have successfully overcome their hoarding disorder The most comprehensive work about hoarding on the market Conquer the Clutter discusses special populations who are not often singled out such as the disabled and the elderly and includes numerous worksheets to assist individuals in determining the scope of their hoarding disorder and tackling the problem Over 40 pages of additional resources are available online at jhupbooks.press.jhu.edu/title/conquer-clutter

Your Writing Matters Keiko O'Leary,2022-08-09 What you write can

change someone's life In this engaging collection of short essays for writers Keiko O Leary explores what it means to live life as a writer offers encouragement and inspiration and suggests practical techniques to cultivate your writing life Drawing on her experience as a writer writing group leader and workshop instructor Keiko writes about topics such as MOTIVATION You deserve to create what's in you to create CREATIVITY Your personal geography is a wellspring of memoir and poetry and a source of authentic detail for fiction LEGACY Through your writing you help people experience meaning not only in what you write but also in their own lives Whether you have years of experience or are just starting out these essays will support you on your writing journey EDITORIAL REVIEWS This is a book of welcome which means that it's a book of openings the kind of openings that every writer needs to be inspired and connected to the world to themselves to their fellow writers to their stories and to all of the mysteries that touch us as creators You deserve to create what's in you to create writes Keiko O Leary Yes This book radiates yes It radiates awakening Grant Faulkner Executive Director of National Novel Writing Month A beautifully written meditation on the writer's life The minute I started reading this I thought Oh I'm home This book speaks to the writer in me not the published person in me I can't speak highly enough about this book Julie A Fast Bestselling Author of Getting It Done When You're Depressed Keiko's book inspired me to start working on a novel that I had been wanting to write Erin Garcia author educator If you want to write but feel intimidated or you start writing but get discouraged or even if you already write a lot but would like some encouragement and celebration this book is for you C Borst author of Soldiers in Grey Keiko doesn't just love reading and writing She is in love with reading and writing and in love with readers and writers Page after page we come to realize we're not odd or alone She believes in you and me unconditionally Writers like us are connected through what we read and write and create Writing and creating are in fact our life sustaining provisions Claim your peers It will free you up to write to heal to memorialize and to speak out Lorraine Haataia Ph D founder of Prolific Writers Life This book stirred me deeply It's a book that welcomed me non judgmentally back home to writing Your Writing Matters is unconditional love And wisdom Keiko O Leary's voice is an unpretentious beckoning to never give up not on our writing not on ourselves Ruth Littmann Ashkenazi author Insightful and interesting Katy Morgan author of the Compound Series

Handbook of Clinical Psychopharmacology for Therapists John D. Preston, Bret A. Moore, John H.

O'Neal, Mary C. Talaga, 2025-01-02 The Handbook of Clinical Psychopharmacology for Therapists is the go to resource for mental health clinicians looking for clear reliable information about the treatment of mental health issues This fully revised and updated tenth edition provides essential information on new medications and treatment options and includes the latest research on side effects contraindications and efficacy of all major medications prescribed for mental health disorders

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