

Depression: An Annotated Bibliography

I. Books about Depression

On the Edge of Darkness – Kathy Cronkite

(1st person narrative by or about people suffering from depression.)

Darkness Visible – William Styron

(The well-know writer recounts his struggle with suicidal depression.)

An Unquiet Mind - Kay Jameson

(A psychologist describes her lifelong battle with bipolar disorder.)

Touched with Fire - Kay Jameson

(The same author on the relationship between bipolar disorder & creativity.)

Night Fall Fast – Kay Jameson

(The same author – a recent book about suicide.)

I Don't Want to Talk About It - Terence Real

(The hidden spectre of depression among men.)

Growing Up Sad - L. Cytryn & D. McKnew

(Childhood depression & its treatment.)

Prozac Diary – Lauen Slater

(A therapist/writer's eloquent autobiography of ongoing treatment for depression and OCD.)

It's Not All in Your Head - Henrietta Leonard and Susan Swedo

(A useful guide for women by two medical doctors.)

Winter Blues - Norman Rosenthal

(The book about Seasonal Affective Disorder & how to treat it.)

A Mood Apart - Peter Whybrow

(Another introduction to depression.)

Lay May Burden Down – Alving Poussaint & Amy Alexander

(African – American Depression and Suicide)

The Noonday Demon – Andrew Solomon

(A personal, cultural, and scientific account of depression.)

II. Living With & Treating Depression:

Undoing Depression – Richard O'Connor
(*A good, comprehensive guide.*)

The Depression Sourcebook (2nd edition) – B. Quinn
(*A good comprehensive guide.*)

Prozac and the New Anti-Depressants – William S. Appleton
(*Up-to-date guide to medical treatments.*)

The Good News About Depression – Mark S. Gold
(*The latest in medical treatments.*)

Listening to Prozac – Peter D. Kramer
(*An informative classic on the chemistry of depression & its treatment.*)

Feeling Good and **The Feeling Good Workbook** – David Burns
(*How-to cognitive/behavioral techniques to fight depression.*)

Learned Optimism – Martin Seligman
(*How to develop more positive patterns of thinking.*)

Breaking the Patterns of Depression – Michael Yapko
(*How to cope with family histories of depression.*)

How You Can Survive When They're Depressed – Anne Sheffield
(*An invaluable guide for family and friends.*)

Living without Depression and Manic Depression – Mary Ellen Copeland
(*An invaluable guide for family and friends.*)

The Adolescent Depression Workbook – Mary Ellen Copeland & S. Copans
(*A workbook for teens.*)

Beyond Prozac – Michael Norden
(*Complementary & alternative treatments to depression.*)

Anxiety & Depression – S. Trickett
(*"Natural", non-medical approaches to the treatment of depression and anxiety.*)

Natural Healing for Depression – J. Strohecker (ed.)
(*An anthology of articles about non-medical treatments for depression.*)

The Prozac Alternative – R. Knishinsky
(*More alternative treatment approaches.*)