



Depression Is Contagious: How the Most Common Mood Disorder Is Spreading Around the World and How to Stop It

Michael Yapko Ph.D.

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Depression is more of a social problem than a medical illness, reveals expert psychologist Dr. Michael Yapko, whose revolutionary new approach—based on the latest research—treats depression with positive social relationships, not drugs.

Depression is now the world's most common mood disorder, and is spreading like a viral contagion. You can't catch depression in the same way you catch a cold, but the latest research in neuroscience, social psychology, epidemiology, and genetics provides overwhelming support that moods spread through social conditions. Our social lives directly shape our brain chemistry and powerfully affect the way we think and feel; our brains change with positive life experiences and can change as much with social circumstances as with medication. Drugs may address some of depression's symptoms, but they cannot change the social factors that cause and perpetuate it. Indeed, Dr. Yapko argues convincingly, by treating a social condition as though it's a disease, the problems will spread rather than diminish.

In *Depression Is Contagious*, Dr. Yapko identifies the patterns often seen in modern relationships that lead to depression and provides practical exercises that will help readers develop the skills and insights they need to forge stronger, healthier social connections. This practical, definitive book provides an empowering prescription for hope and healing through people, not pills.

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From reader reviews:

Regina Noble:

Spent a free time for you to be fun activity to perform! A lot of people spent their sparetime with their family, or their friends. Usually they doing activity like watching television, planning to beach, or picnic inside park. They actually doing same every week. Do you feel it? Will you something different to fill your personal free time/ holiday? May be reading a book can be option to fill your free of charge time/ holiday. The first thing you will ask may be what kinds of book that you should read. If you want to attempt look for book, may be the book untitled Depression Is Contagious: How the Most Common Mood Disorder Is Spreading Around the World and How to Stop It can be great book to read. May be it may be best activity to you.

Peter Cox:

Playing with family in a park, coming to see the water world or hanging out with pals is thing that usually you may have done when you have spare time, then why you don't try matter that really opposite from that. One particular activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you have been ride on and with addition associated with. Even you love Depression Is Contagious: How the Most Common Mood Disorder Is Spreading Around the World and How to Stop It, you are able to enjoy both. It is excellent combination right, you still wish to miss it? What kind of hang-out type is it? Oh come on its mind hangout people. What? Still don't have it, oh come on its referred to as reading friends.

Mary Mohammad:

In this age globalization it is important to someone to obtain information. The information will make someone to understand the condition of the world. The healthiness of the world makes the information easier to share. You can find a lot of references to get information example: internet, classifieds, book, and soon. You can view that now, a lot of publisher this print many kinds of book. The actual book that recommended to you personally is Depression Is Contagious: How the Most Common Mood Disorder Is Spreading Around the World and How to Stop It this guide consist a lot of the information from the condition of this world now. This particular book was represented so why is the world has grown up. The dialect styles that writer make usage of to explain it is easy to understand. Often the writer made some study when he makes this book. Here is why this book suitable all of you.

Frankie Lampkins:

What is your hobby? Have you heard this question when you got learners? We believe that that question was given by teacher on their students. Many kinds of hobby, Every person has different hobby. And you also know that little person including reading or as examining become their hobby. You have to know that reading is very important in addition to book as to be the point. Book is important thing to add you knowledge, except your teacher or lecturer. You will find good news or update about something by book.

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