



Climbing Out of Depression

Sue Atkinson

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Being depressed often leaves you feeling paralysed into inaction. Climbing back out of the pit of gloom seems almost impossible. You need help, and that is what this book offers – practical, humane and spiritual help. Since its first publication in 1993, Climbing Out of Depression has become widely recognised as one of the best books to help in the darkness of depression. What makes the book distinctive is the fact that the author herself has suffered from depression for many years. She does not write as an expert, or as a depression counsellor, but as someone who knows the feelings from close personal experience. As a result her book contains a varied menu of hints, quotations and illustrations, not page after page of unbroken text. The new edition of this tried and tested book incorporates revision reflecting the author's changed understandings of depression, and fresh material on subjects such as coping strategies and forgiveness. Climbing out of Depression is perfect to dip into as it fits your mood and the need of the moment, making it a dependable guide to the climb.

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