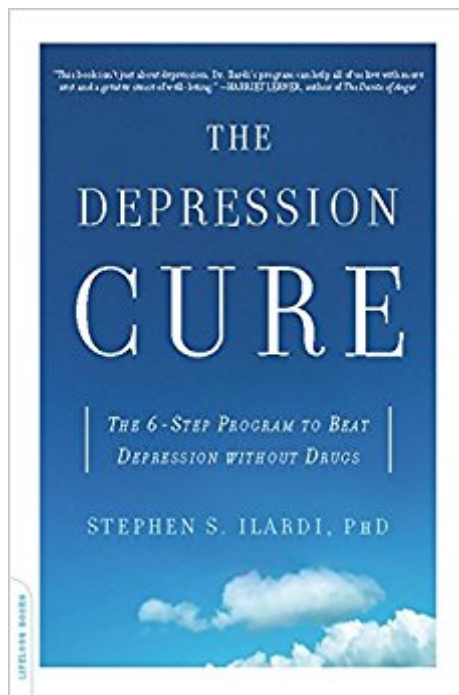




The book was found

The Depression Cure: The 6-Step Program To Beat Depression Without Drugs



Synopsis

In the past decade, depression rates have skyrocketed, and one in four Americans will suffer from major depression at some point in their lives. Where have we gone wrong? Dr. Stephen Ilardi sheds light on our current predicament and reminds us that our bodies were never designed for the sleep-deprived, poorly nourished, frenzied pace of twenty-first century life. Inspired by the extraordinary resilience of aboriginal groups like the Kaluli of Papua New Guinea, Dr. Ilardi prescribes an easy-to-follow, clinically proven program that harks back to what our bodies were originally made for and what they continue to need. The Depression Cure program has already delivered dramatic results, helping even those who have failed to respond to traditional medications.

Book Information

Paperback: 304 pages

Publisher: Da Capo Lifelong Books; Reprint edition (June 1, 2010)

Language: English

ISBN-10: 0738213888

ISBN-13: 978-0738213880

Product Dimensions: 5.5 x 0.8 x 8.2 inches

Shipping Weight: 10.6 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 346 customer reviews

Best Sellers Rank: #33,358 in Books (See Top 100 in Books) #46 in [Books > Health, Fitness & Dieting > Mental Health > Depression](#) #126 in [Books > Health, Fitness & Dieting > Mental Health > Emotions](#) #3473 in [Books > Self-Help](#)

Customer Reviews

Bookviews.com – “[Ilardi’s] program helps patients reclaim six ancient lifestyle elements that can improve or eradicate depression. These include a diet rich in omega-3 fatty acids, the critical building blocks for brain structure and function; enjoyable activities that keep us from dwelling on negative thoughts; exercise that stimulates important brain chemicals; sufficient sunlight exposure to keep the body’s clock in sync; social support to avoid isolation; and healthy sleep habits that allow the brain and body to recover. It works for me and it will work for you!” • Metapsychology Online Reviews – “A very good self-help book. Ilardi writes clearly, avoiding jargon, and speaking eloquently about many topics. His depiction of negative lifestyle influences on people’s emotions and actions are on target – this is a splendid book because the recommendations made should lead to a healthier lifestyle for most

people. Overcoming depression is not a simple challenge but one, I suspect, has a chance of success by reading this book.

• Kansas Alumni "Ilardi's theory draws on discoveries in cognitive neuroscience and evolutionary psychology, which add heft to his common-sense advice. The Depression Cure arrays data that may inspire action.

• Harriet Lerner, author of *The Dance of Anger* "This book isn't just about depression. Dr. Ilardi's program can help all of us live with more zest and a greater sense of well-being.

• Bookslut Founder Jessa Crispin in *The Smart Set* "Those who have suffered recurring, meaningless bouts of depression might want to reach for *The Depression Cure* rather than *Unstuck*, especially those sick of hearing how they should search their mental illness for wisdom.

• "The Bookworm Sez" (nationally syndicated column) "Intriguing. Author Stephen S. Ilardi seems to be onto something when he points out that our ancestors didn't sit at a desk all day and fight traffic to go home stressed-out.

• Pick up a copy of *The Depression Cure*. With your doctor's blessing, a fair amount of effort, and this book, snapping out of it might be a snap.

• "Dr. Ilardi reminds us that our bodies shouldn't be sleep-deprived, or subjected to poor diets and frenzied twenty-first-century life... The book describes an easy-to-follow, clinically proven program that follows a clear system to what our bodies need." Huffington Post

Stephen S. Ilardi, PhD, is associate professor of clinical psychology at the University of Kansas and the author of more than forty professional articles on mental illness. He lives in Lawrence, Kansas.

I've waited a full year to write this review (literally, I ordered the book 367 days ago!) This book was recommended to me by two extended family members struggling with mild to moderate depression. I had been fighting with SEVERE clinical depression; it robbed me of my life, of enjoying my husband and children. I sought medical, psychological, and psychiatric help for about two years... Several medications, dosage changes, doctors, therapists, etc... Nothing made a dent. And then I read this book. And everything changed. His 6 steps gave me something to focus on, other than "being sick." Just the change from seeing Life from a Wellness perspective rather than a Sickness perspective changed so much. Knowing the science behind depression, anxiety, and the brain really gave me reason to work on each step... Getting the kids schlepped to the gym with me, practicing light therapy, forcing myself to keep busy hands/mind by coloring in coloring books (you can even get nicer ones for adults, which help), reading novels, listening to audiobooks... Distracting from my illness, stopping my mind from racing and ruminating. Fast forward a year. I have lost 40 pounds as

a convenient side effect of the exercise (from a size 16 to a size 4), ran 2 half-marathons, and completely changed my life. Depression is like alcoholism or cancer... Once you have it, you'll always have it to a certain extent, considering yourself "on the wagon" or "in remission". But I continue to take my vitamins/supplements and put in the work to make sure I never go back. I keep a list of the 6 steps taped inside my kitchen cupboard so, if I'm feeling a little off, I can check the list and say "ah, I'm not sleeping well. Time to get outside and soak in some sunlight to set my body clock." Buy this book. Never, in a million years, did I think I could climb out of the hole Depression had buried me in. I was drowning. I PROMISE this book will work if you just read about the steps and start following them. FORCE yourself to get out of bed and do the work EVERY DAY. No matter what. YOU ARE WORTH THE EFFORT.

I have been in & out of mild depression most of my adult life, read this book 2 years ago and was able to get myself into a positive mindset that got me out into public smiling and being nice to people and as a result wonderful wonderful things were brought into my life. Negativity and sadness helps nothing, but getting out of it alone is not always easy. The past year and a half I met a girl and things have never been better, including my attitude. Well, of course recently circumstances have changed, and the incredible high I got from changing my life around has disappeared and with that brought me the most intense misery I've ever experienced. That mild depression was nothing compared to this to this full blown feeling of rejection that has disabled my ability to live and left me in bed for the past 3 months unable to leave the apt during the most beautiful time of the year (as well as being a total dick to people at work). I decided it was time to change, that this was not the person I wanted to be and that there was absolutely no way I could go on feeling this way another second so I started diving into research of how to combat this feeling, starting with picking up this book again. The book is divided into sections discussing each of the 6 steps to get your life back on track. It goes on to explain how these things help. Some are common sense like exercise, others are less well known like getting the right nutrients by supplementing with Omega 3s. While all 6 of these steps are vital to recovery, it does not mean your depression will go away without a HUGE effort on your part to get out and make it happen (you can do it!). Things like 'engaging in social activity' is especially difficult for me for instance because friends have never come easy in my life, most of my best friends have moved out of state and reconnecting with those still here is hard because they have found their own groups to be with and changed so much. It's frustrating to read things like socialize when you have nobody around to socialize with. Another cause is poor sunlight and proper sleep, which I realize because I work 3rd shift is a challenge over what the average

person may face. Of course this reconfirms what I already know, that lifestyle change is the only way to get rid of these demons. "You can not discover new oceans until you lose sight of the shore" The book gives a great recommendation for this that I'd never heard about, buying a light box. I am absolutely going to do this once I save the money, it is probably some of the better advice I've gotten from this book and I hope it works as well as reviews have said it does. Perhaps the hardest step to do (and the most damaging) is to stop dwelling on negative thoughts (ruminating) and while the book offers some solid suggestions like preoccupying your mind with music or tv, it doesn't stop the thoughts when a distraction is unavailable. This thinking can, depending on how it's taken, lead to addictive behavior. I notice I play video games for hours not because I actually enjoy them so anymore, but only because when I stop, reality hits and it becomes difficult to deal with my thoughts again. My job is the biggest killer because as great of a job as it maybe, I spend lots of time letting my mind race and thinking 10+ hrs a night on repeat. Even the radio can't always shut them out. Goes back to my point about changing your lifestyle. I think the author should have mentioned the importance of a (healthy) hobby, and maybe he did (to be honest I've done a lot of skipping around and haven't read probably more than 70% of the book at this point). I found art (pen ink and prismacolor pencils) to be what works for me along with playing an instrument on my nights off. Art is a way to express my emotions in pictures, and it brings me back to being a kid when my dream (that never happened) was to be a great artist. Rediscovering old dreams and never giving up on them is very important, and just because I feel too old or inexperienced to go to art school, does not mean that I'm not trying to reacquire the dreams I've lost over the past 10 years on my own terms. The past is the past but it's how we handle our failures and what we do with the present that makes the real difference. Of course the author does not have all of the answers, nobody does, but just be aware that your battle will need to take creativity and mind control of your own to turn things around. These steps only help you identify what the root of the problem is, it is not a fix all. I'd like to add a personal note, something I found was really hurting me that you may want to try and that is coffee!! Coffee was not mentioned in here and you may or may not be aware how addictive coffee is and that it is to some people a very powerful drug (a stimulant) that can lift you up and when you come down it can have tremendously damaging effects on your emotional wellbeing especially if you are prone to depression. Ever since I got an espresso machine I have been in love with coffee (espresso). I've since found out that coffee weakens the production of GABA, an amino acid created by a certain strain of intestinal bacteria and used by the brain as a neurotransmitter. GABA is essential to relaxing, helps aid in sleep, relax from stress, manage anxiety, lower cortisone levels (cortisone is a stress hormone and breeds cancer!!) etc. SO I've stopped drinking coffee, difficult

but I've walked away from harder things in my life. Started taking a GABA supplement and I feel like it has helped me significantly. I'm not a doctor or giving medical advice, but do your own research especially on holistic medicine and nutrition and I think you will eventually find the tools you need to fix these problems. I think this is a great book and that's coming from somebody with a very short attention span (I can't even watch movies let alone read a book). But this has captured my attention which is absolutely amazing, 70% it's probably the most I've read off the internet since high school. It is well written easy to understand and includes an interesting history on why tribal cultures and our ancestors were more well off mentally. Anybody who follows these 6 steps religiously may not find themselves completely out of the hole but I believe they will definitely get on the right track and feel at least like their problems are manageable. Remember, things good and bad happen for a reason. If I never fell into this myself I would not be writing this review. I hope this helps atleast 1 person! Good luck everyone, hope everyone finds their cure and is better able to focus on their life purpose :D

Great read with good explanations. I have already started feeling better one week into starting some of these practices. Puts our modern lifestyle in perspective of causing a lot of depressive symptoms and gives good coping skills to adapt.

I wish I could say I had tried this 100% and it worked, but the part of that sentence that is false is "I tried this 100%". So I can't say it doesn't work. It sounds like it might. The idea is that depression is (or can be) a physiological problem that can be cured by changing a few things in your life. This book recommends: vitamin D, sunlight or lamps that mimic sunlight, exercise, not ruminating, and good sleep. If you're depressed, it's going to be hard to be disciplined enough to implement all of these changes. And "not ruminating" is hard. The writing was clear and direct. I felt hopeful when I read it. The part I have trouble with is going to sleep early enough.

This book was tremendously helpful to me! Following it has helped me be depression free for 2 years. I would suggest everyone read this book!

I found this book easy to read, well written and organized, and not full of the hype that is found in many self-help books. But most of all, I found it incredibly relevant and useful, lots of well researched/evidenced methods to decrease susceptibility to depression were included in this book.

Super happy with this book, I've come to discover I've been depressed for probably about two

years, with the last year being the worst-this book, and implementing the 6 steps has been very helpful.

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Third Edition, (Drugs and the Pharmaceutical Sciences) New Drugs: Bath Salts, Spice, Salvia, &
Designer Drugs (Downside of Drugs)

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