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## Journey Out of Sad: Beat the Seasonal Blues Now (Paperback)

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By Victoria C Leo

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Comprehensive guide to non-drug solutions for seasonal depression (seasonal affective disorder, SAD), especially winter depression or winter blues, with additional information about non-drug options for year-round mild to moderate depression. Solutions include light therapy, nutrition, exercise, behavioral changes like new experiences, service projects and social interactions. Well-studied therapies such as Reiki, EFT (Emotional Freedom Technique), acupressure, acupuncture, meditation, mindfulness, restorative yoga and targeted bodywork. Learn the difference between situational depression which can be cured by CBT and talk therapies and biochemical depression which needs to shift serotonin and dopamine. Learn how to impact your biochemistry; detailed explanations of various types of light therapy for winter depression, summer depression and year-round depression. Learn how to use behavioral interventions to shift your biochemistry. Comprehensive planning tools and execution aids to make customizing your personal plan easy. Checklists and forms to fill out to make action easy. Encouragement to take effective action. Encouragement to form a health team with your licensed medical professional, who should be guiding your treatment. For those who have been diagnosed with SAD or depression, and those seeking...



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