

# Recovery from Depression:

## A Bibliography of Helpful Materials

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*The books cited in this bibliography are in no way intended to represent a complete or balanced listing of resources for recovery from depression. Rather, they represent sources I have drawn upon and found to be either helpful or interesting. Because my own recovery is ongoing, over time this bibliography can be expected to grow and change, as, I hope, will I.*

### Analyses of Depression

Coyne, James C., editor. *Essential Papers on Depression*. New York: New York University Press, 1985.

This collection of basic resources explores various theories of depression, including psychoanalytic, behavioral and cognitive, interpersonal and social, and biomedical. Not for the faint at heart, this nonetheless readable collection illuminates scientific understanding about depression, its causes and treatment. However, such understanding is not without peril; my own psychotherapist advised me to stop reading these articles, as they made me prone to erroneous self-diagnosis.

Karp, David A. *Speaking of Sadness: Depression, Disconnection, and the Meanings of Illness*. New York: Oxford University Press, 1996.

An excellent sociological study, based on 50 depth interviews, of the meanings depressed persons ascribe to their condition and the processes by which they come to do so. Themes include the language depressives use to describe their conditions, how they come to recognize themselves as depressed persons, the evolution of their illnesses, the meanings of medication for depressives, coping and adapting skills used by depressives, living and coping with depressives, and the social consequences of depression. He makes a

sound argument that all illnesses—including depression—are partly social and that depression has important roots in American culture. He notes that the biological model of depression is gaining ground as drug manufacturers exploit its profit potential, and decries the fact that drug-based treatment of depression tends to crowd out other treatment methods.

Medina, John. *Depression: How It Happens, How It's Healed*. n.p. CME, Inc., and New Harbinger Publications, 1998.

This unique resource provides a highly-organized overview of depression, its causes, effects, and treatments. It is greatly enhanced by its straightforward exposition, methodical arrangement of material, and wonderfully expressive graphical treatment of this complex subject. Though easy to read and follow, it provides a depth of understanding not available from many other sources. Highly recommended as a first introduction and basic resource on depression and its treatment.

## **Fiction**

Carkeet, David. *The Greatest Slump of All Time*. New York: Harper & Row, Publishers, 1984.

A novel about a baseball team whose players are all depressed and how their depression creates interesting internal dynamics within the team.

Middleton, Harry. *The Bright Country: A Fisherman's Return to Trout, Wild Water, and Himself*. New York: Simon & Schuster, 1993.

A novel that explores, in a humorous and carefree way, a man's journey into himself as he struggles to make sense of his depression.

## **Inspiration**

Ford, Arielle. *Hot Chocolate for the Mystical Soul*. New York: Penguin Putnam, Inc., 1998.

A collection of short pieces that talk about the magical and spiritual mysteries of everyday people. An easy read, something to take in small doses and let them sink in. Some of the stories can help kindle a sense of the magical and mystical in life, and from that become a

source of inspiration and hope.

Jones, Laurie Beth. *The Path: Creating Your Mission Statement for Work and for Life*. New York: Hyperion, 1996.

An inspirational self-help guide to finding and fulfilling your mission in life. Brief sections raise valuable points for consideration and provide exercises to help build self-awareness and self-esteem.

Peale, Norman Vincent. *The Power of Positive Thinking*. New York: Prentice-Hall, Inc., 1952.

A timeless exploration of how spirituality and positive thinking can bring peace and harmony into troubled lives.

Thorne, Julia, with Larry Rothstein. *You Are Not Alone: Words of Experience and Hope for the Journey Through Depression*. New York: Harper-Collins, 1993.

A series of personal statements by persons with depression or who have been affected by those who face depression. It provides support, comfort, and helpful suggestions for persons with depression. It is designed to be owned, marked up, and turned to whenever the depressed person feels alone. It has a good bibliography.

Wholey, Dennis. *The Miracle of Change: The Path to Self-Discovery and Spiritual Growth*. New York: Pocket Books, 1997.

Though not focused on depression, this inspiring collection of personal testimonies and the author's own experiences and observations rates high among books that give encouragement to persons seeking to cope with the necessity for change in their lives. This is the best book of this type I have encountered.

## **Male Depression**

Bly, Robert. *Iron John: A Book About Men*. Reading, Massachusetts: Addison-Wesley Publishing Co., 1990.

Using the ancient myth of Iron John, Bly delves into issues of the psychological development of men and how—in the contemporary world—this development is incomplete and harmful both to men and to society. This book is for men who are seeking to understand themselves, and for women who wish to know why their man is not the man they

long for.

Real, Terrence. *I Don't Want to Talk About It: Overcoming the Secret Legacy of Male Depression*. New York: Scribners, 1997.

An outstanding analysis of male depression by a psychotherapist who overcame it in himself. The text intersperses personal history, case examples drawn from the author's practice, and incisive analyses of depression in the context of male psychological and social development. Highly recommended for depressed men, and those who care for them.

## **Personal Histories**

Cronkite, Kathy. *On the Edge of Darkness: Conversations About Conquering Depression*. New York, Doubleday, 1994.

Interviews with famous people and health care providers about their depression. An excellent book. While nobody's depression is exactly like anyone else's, the ability to compare similarities and differences in symptoms, experiences, and the success or failure of alternative treatment methods is illuminating. The topics cover a wide range of issues that encompass nearly the whole scope of depression. The focus on famous people adds a degree of interest to the reading, but in the end it is what they have to say about themselves facing the same problems as other depressives that is most meaningful. Inclusion of frank discussions with health care providers is a major plus.

Duke, Patty, and Gloria Hochman. *A Brilliant Madness: Living With Manic-Depressive Illness*. New York: Bantam Books, 1992.

A highly-readable account of her life with manic-depression, interspersed with chapters about the illness, its diagnosis, life history, and treatment. One of the best and most accessible sources on this illness.

Duke, Patty, and Kenneth Turan. *Call Me Anna: The Autobiography of Patty Duke*. New York: Bantam Books, 1987.

Her early life and its control by the Rosses—her managers—affected her psychological development and helped bring on manic-depression. The primary emphasis of the book is on her show business life, especially in childhood, and treatment of her recovery is slender and not covered in detail.

Dravecky, Jan. *A Joy I'd Never Known*. Grand Rapids, Michigan: Zondervan Publishing House, 1996.

The wife of major league pitcher Dave Dravecky—who lost his pitching arm to cancer—describes her recovery from depression. She chronicles the change in her life, from being tyrannized by doing for others and not caring for herself to achieving peace and balance. She also describes her own religious changes, from a religion that stood in the way of effective treatment to one that allowed her to be at peace with her depression.

Flach, Frederick. *Rickie*. New York: Fawcett Columbine, 1990.

A well-written description by a psychiatrist about his ten-year struggle to get his daughter Rickie back to health and normalcy, interspersed with her own observations and poetry. Its value for the depressed person is chiefly inspirational. It drives home the message that persistence in trying many things can pay off in big dividends. It is also a strong warning against the blithe acceptance of standard psychiatric analysis and diagnosis, and is a strong example of why patients need to be full partners in—and ultimately in charge of—their own treatment programs.

Styron, William. *Darkness Visible: A Memoir of Madness*. New York: Random House, 1990.

An account by the novelist of his own depression and what it was like for him. It is a well-written description of the darkness he felt, but is less helpful regarding its causes and treatment. Most useful as an explanation of the pain of depression to those who have not felt it.

Thompson, Tracy. *The Beast: A Reckoning with Depression*. New York: G. P. Putnam's Sons, 1995.

Personal history of a Washington Post reporter and her struggle with classical depression. The strength of this book is her detailed description of her recovery process. The book is well-written and provides both inspiration and guidance for depressives who are seeking hope and help. She includes some helpful tips based on her own experience. This is highly recommended for recovering depressives.

## Self-Awareness and Self-Help

Beattie, Melody. *Beyond Codependency and Getting Better All the Time*. San Francisco: Harper & Row, Publishers, 1989.

This sequel to her classic *Codependent No More* focuses on the recovery process for those who have identified their codependency and begun to work on it. Think you're not codependent? That would put you among the twenty percent who aren't in one way or another. A hopeful, practical and readable guide to the recovery process, no matter what you are recovering from. Highly recommended.

Burns, David D. *Feeling Good: The New Mood Therapy*. New York: Signet Books, 1980.

A practical guide to behavioral and cognitive treatments for depression that can be safely employed by do-it-yourselfers. Overcoming the ten cognitive distortions (e.g., "all or nothing thinking") described in chapter three is *the sine qua non* of depression recovery.

Davison, Todd. *Life After Psychotherapy*. Northvale, New Jersey: Jason Aronson Inc., 1997.

Recognizing that personal growth from psychotherapy can be easily lost if the lessons are not understood, the author clarifies what the patient should have learned, identifies signs of backsliding, and gives practical advice about how to integrate these lessons into daily life.

Galant, Mitch, and Susan K. Galant. *What to Do When Someone You Love is Depressed*. New York: Random House, Villard Books, 1996.

A very readable account of what depression is and the role of the caretaker, including how that person can take care of themselves and meet their own needs while dealing with this trying illness. Chapters explain what depression is and feels like, its impact on the caretaker, how to work with the depressed person (and how not to), the range of therapies and treatments, working with the medical community, and dealing with potential suicides. Includes a good, recent bibliography.

Keating, Kathleen. *The Love Therapy Book*. Minneapolis: CompCare Publishers, 1992.

A delightful, short, easy-to-read book that describes what love is and provides lessons in finding and sharing love. The illustrations make this book fun and informative.

Miller, Alice. *The Drama of the Gifted Child: The Search for the True Self*. New York: BasicBooks, 1994.

An insightful exploration of the effects and treatment of early childhood abuse, the repression of painful memories, and the necessity to retrieve and work through these memories to be free of their effects in adult life and avoid passing them on to children. Written without jargon and with numerous examples. An essential book for anyone suffering depression arising out of childhood experiences.

Peck, M. Scott. *Further Along the Road Less Traveled*. New York: Simon & Schuster, 1993.

This well-known author explores spirituality and personal growth issues that are helpful to the recovering depressive.

Schlossberg, Nancy K., and Susan Porter Robinson. *Going to Plan B: How You Can Cope, Regroup, and Start Your Life in a New Path*. New York: Simon & Schuster, 1996.

Practical advice, based on studies of real people whose lives did not work out the way they always thought they would, about how to ease your distress, turn your focus toward hope, and rebuild your life around new dreams.

Singer, Margaret Thaler, and Janja Lalich. *"Crazy" Therapies: What Are They? Do They Work?* San Francisco: Jossey-Bass Publishers, 1996.

The authors draw on personal experience to debunk a number of alternative philosophies and practices found in the modern therapeutic marketplace. Although not specifically addressed to therapies for depression, many are practices depressives might find attractive and which cause more harm than good, or no good at all.

Smith, Hyrum W. *The 10 Natural Laws of Successful Time and Life Management: Proven Strategies for Increased Productivity and Inner Peace*. New York: Warner Books, Inc., 1994.

This book is not just about time management; it is about finding the core values in your life, and organizing yourself so that you live what you believe. Readable, practical, insightful.

Whitfield, Charles L. *Healing the Child Within: Discovery and Recovery for Adult Children of Dysfunctional Families*. Deerfield Beach, Florida:

Health Communications, Inc., 1987.

A practical guide to understanding your own child within, its hurts, and the healing process. Using the idiom of the wounded child, Whitfield untangles a complex set of issues and makes them understandable.