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Free Yourself from Depression, Michael D. Yapko, Emmaus, PA: Rodale Press, 1992; Breaking the Patterns of Depression, Michael D. Yapko, New York:

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Psychologist Michael Yapko explains that in order to find relief, more than the current episode of depression must be examined. He presents skills that will help

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Synopsis. You don't have to live with depression. Everyone faces bad times and difficult situations. Why doesn't everyone get depressed? Are there specific skills that

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Breaking the Patterns of Depression begins by translating the clinical literature on psychotherapy and antidepressant medication into language that can be used to

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Michael Yapko, Ph.D., is a clinical psychologist, author, (Breaking the Patterns of Depression (Random House/Doubleday, now in its eleventh printing),

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