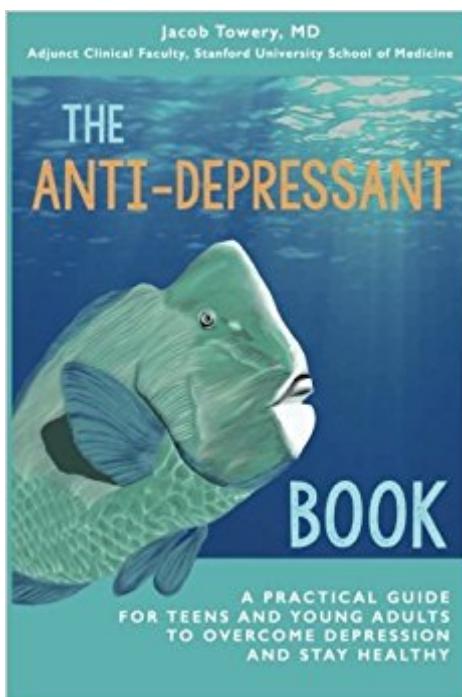


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# The Anti-Depressant Book: A Practical Guide For Teens And Young Adults To Overcome Depression And Stay Healthy



## Synopsis

Don't let the sub-title fool you: The Anti-Depressant Book is useful for teens AND adults who are struggling with depression. It offers a drug-free, step-by-step solution to feeling happier quickly and developing healthy habits that will prevent relapse. This book covers the basics of cognitive behavioral therapy for emerging from depression and staying well. It is filled with paradox, written as if Dr. Towery were having a conversation directly with you, and is neither "preachy" nor dry. There are also brief sections for parents who are struggling with a depressed child. The book was written as a response to the suicide clusters in Palo Alto to help prevent as many suicides as possible. The Anti-Depressant Book can be used as an adjunct to traditional therapy, or by itself, particularly for those with mild to moderate depression. It is irreverent, fun to read, and practical. The book is written in a straightforward, conversational style that works particularly well for teenagers and young adults, but adults who follow all the steps will also see dramatic improvement in their moods and lives.

## Book Information

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## Customer Reviews

"Dr. Jacob Towery has been a great friend and colleague of mine for many years. In this, his first book, he offers a radically new perspective on the treatment of depression in teens and young adults. Whereas many 'self-help' books focus exclusively on one or a few approaches to recovery, Dr. Towery recognizes that individuals are unique and there's no such thing as a 'magic bullet' or panacea that works for every person. Mood is influenced by many independent factors, and this book offers insights into finding the right combination of approaches to achieve sustained recovery.

from depression. These approaches include cognitive, motivational, interpersonal, behavioral, spiritual, and meditative practices, along with healthy exercise habits. I wish more child therapists and psychiatrists followed this approach to treating their patients with depression!" -Matthew May, MD Adjunct Clinical Faculty, Stanford Department of Psychiatry "In this book, Dr. Towery combines his unparalleled experience with treating adolescents using the most cutting-edge psychological treatments for depression together with a direct, no-nonsense yet compassionate style of teaching and writing. His respectful, practical, and goal-oriented guidance in this book makes depressed teens accountable for the work needed to overcome depression. His treatment approach is systematic, clear, and wise, making this book easy to follow and extremely useful. I would want my teen struggling with depression to read this book." -Maor Katz, MD Director of the Feeling Good Institute "Jacob Towery is my favorite adolescent psychiatrist. He is a seasoned clinician with a knack for simplifying the complex. In this book, he has created an owner's manual for the teenage brain, as well as a troubleshooting guide for those suffering with mood and anxiety difficulties. I am grateful that he has taken the time to disseminate his most effective strategies in a compilation of self-help techniques." -Kim Bullock, MD Clinical Associate Professor, Director of Stanford Neurobehavioral Clinic "Dr. Towery has anapproachable, honest, and witty style that allows readers to connect to the life-changing messages in this book. He consistently addresses the lack of motivation experienced by many youth with depression and supports them in making changes. Dr. Towery compassionately pushes readers toward turning their lives around." -Angela Krumm, Ph.D. Adjunct Clinical Faculty, Stanford Department of Psychiatry "The Anti-Depressant Book is a great book (and workbook) for teens suffering from depression. It is also an excellent guide for their parents who just want to help and wonder, 'What can I do?' The book makes working with cognitive behavioral therapy easy and approachable. It really focuses on ways to help people feel better in real time. It is a wonderful addition to my library and a great resource for my patients and their families." -Alexander Strauss, MD, DFAACAP, FAPA Clinical Assistant Professor, Department of Psychiatry at Robert Wood Johnson Medical School "The Anti-Depressant Book is a fantastic resource for teens struggling with depression and the parents who support them. Dr. Towery highlights the active ingredients that will help your teen fully recover from depression, including: increasing sleep and exercise, mindfulness, cognitive therapy techniques, and gratitude exercises. Dr. Towery balances the need for self-compassion with careful accountability in this must-read, practical self-help book for teens with depression. If your son or daughter is struggling with depression, I highly recommend that you hurry up and get this book for them-it just might save their life!" -Jill Levitt, Ph.D. Adjunct Clinical Faculty, Stanford Department of Psychiatry"

Jacob Towery, MD, is an adolescent psychiatrist in private practice in Palo Alto, California. He attended Duke University for his undergraduate studies, University of Virginia for medical school, and Stanford for his residency in adult psychiatry and fellowship in adolescent psychiatry. He currently serves on the Adjunct Faculty at Stanford University School of Medicine. He enjoys seeing patients, snowboarding, scuba diving, traveling, reading, meditating, spending quality time with other humans, making long lists, Oxford commas, and writing about himself in the third person. More information can be found at [jacobtowerymd.com](http://jacobtowerymd.com)

Dr. Towery has created a wonderful resource for anyone needing a clear guide to over coming depression. This book is aimed at teenagers and young adults who are ready to take action towards facing their depression and improving their own happiness. The book is meant to be used as a functioning workbook; the reader is encouraged to face their depression straight on by dedicating bits of time each day to do their 'therapy homework'. Dr. Towery writes in a clear and easy way that is motivating and compassionate. The book is appropriate for individuals who identify as having mild to severe depression and thus functions as a true individualized self-help guide. Not only will this book be a useful tool for young adults who are dealing with their depression, but as a former secondary school educator I'd recommend this book as a useful guide to school counselors or parents who are looking for help with how to support the young adults in their lives who are experiencing depression.

Dr. Towery's Anti-Depressant Book is a true gift to the world. Filled with evidence based practical solutions, this guide provides young adults and parents alike a roadmap out of depression. I wish this book was on the shelf when I was a teenager.

The Anti-Depressant Book integrates cutting-edge Cognitive Behavioral Therapy tools with physical exercise, sleep hygiene and mindfulness practice to present a truly holistic, mind/body approach to adolescent wellness. I have prescribed this book to my patients and they have responded to it enthusiastically, taking what Dr. Towery offers into their daily lives and benefiting from it - oftentimes immediately. A nice section for parents as well that helps them understand their child's process and what they can do - and avoid doing - to support it.

While titled "The Anti-Depressant", this book offers tools to just

about anyone looking to improve the quality of their life. Coming from a MD, it's refreshing to find techniques that are holistic in nature with emphasis on developing healthier habits and thought processes. Dr. Towery's conversational style of writing is very engaging and the writing exercise requirement greatly enhances the effectiveness of the book. It also holds the reader accountable for following through and taking some responsibility instead of just being a passive reader. I highly recommend the book to anyone looking to make lasting positive changes.

I'm a practicing pediatrician and was thrilled to find a book written for adolescents with depression. I plan on recommending this book to some of my patients who I think may benefit. I wish I would have had this book as a resource when I was in high school or college. Highly recommend

Dr. Towery not only is a world class Child/Adolescent Psychiatrist, he is an excellent writer. In this book, he delivers a user friendly guide to overcoming depression. He is witty, easy to understand, and smart. The book address resistance to change, which is often over looked in treating children/adolescents with depression. This is a great guide for both patients, as well as therapists that treat depression. Highly recommended!!

Dr. Towery's book is engaging, honest and direct. He "talks" to his reader and encourages them to take an active role in overcoming depression, even asking them to complete written exercises throughout the book. The Anti-Depressant Book is a great resource for teens and young adults suffering from depression and their loved ones who want to support them. There's a section dedicated to parents with written exercises for them, too. A must-have for young adults looking to make healthy changes.

The Anti-Depressant Book is a great resource not just for teens and young adults experiencing depression, but also for parents, caretakers and therapists attempting to help them recover. Dr. Towery makes a compelling case for a holistic approach to the treatment of depression, an approach that in fact can be used by anyone seeking to cultivate habits that foster good mental health and a sense of well-being.

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