

Dealing With Depression On Your Own Couch:

A NEUROPSYCHOLOGIST'S
PRACTICAL GUIDE



Ahmad Vahedian PhD, QME
and Kelly McCurdy-Fuller

Learn ways to beat depression on your own and make it go away for good with this short, simple guide to help yourself. Each easy to read chapter describes a different technique you can use in your every day life to combat feelings of sadness, irritability, hopelessness and anger.

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by Ahmad Vahedian PhD QME and Kelly McCurdy-Fuller

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Foreword

Most of us know what depression is. You are sad, mad, irritable, teary, angry, and simply not the person you used to be. You feel as though you are stuck in a rut or are falling through a downward spiral. People often ask you what is wrong. You don't smile much or do the things you used to do anymore. You're simply not happy, and you don't know how to snap out of it.

Let's cut to the chase. Depression is a serious, widespread disease, but you aren't reading this book to learn its' clinical definition, or to read endless, boring statistics about it. You are reading this book to end your depression. You may have suffered some sort of hardship that led to your depression, or you may have no idea how you got this way, but, honestly, it doesn't matter. Identifying and eliminating the cause of your depression is often impossible, and will not magically make it go away. You do not need to waste time wondering "why."

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There is not a cure for depression. What you need to do is deal with it; however, that is much easier said than done. If you could deal with it, you wouldn't be depressed, right? Well, it *is* possible and you *can* do it. This book will help you. You have already taken the first step by reading this page.

This book is a short, simple guide to help you help yourself. It follows the simple philosophy of $A + B = C$: Depression is in your mind. You control your own mind. Therefore, you can control your depression. It is really that clear cut. Most of you don't need to spend \$100 per hour on a psychologist's couch or see a psychiatrist for antidepressant medication. You can learn how to deal with your depression on your own and make it go away for good. For many cases, all it will take is your willing participation in learning the proven techniques presented in this book. You don't have to commit every chapter to memory for it to work either. Psychology is not an exact science, so the strategy in chapter three may not work for you at all, but the practices in chapter nine may be the keys to your personal happiness. You choose whatever fits for you, and it WILL work.

How do I know this will work? Because I am one of the doctors who charges you upward of \$100 per hour week after week to come and lie on my couch for psychotherapy. I am a Board Certified practicing Neuropsychologist, with twenty plus years of experience under my belt. I head the staff of Behavioral, Medical and Health Psychology in Ventura, California, and have treated thousands of patients. I am a Diplomate of the American Board of Medical Psychotherapists and Psychodiagnosticians, and an Alumnus of the University of Arizona, with an advanced fellowship in Neuropsychology at UCLA, as well as an Agreed Medical Evaluator and Qualified Medical Examiner. That is a mouthful, but in other words, I know what I'm talking about.

I'm not trying to put myself out of business or anyone else in my field for that matter by writing this book. In fact, individual and group psychotherapy sessions are exactly what some people need or prefer. There are also extreme cases where medication, psychotherapy and hospitalization are required. However, the fact is, that not all of you need to lie on my couch. Not all of you are comfortable lying on my couch. Not all of you have time to come and lie on my couch. Not all of you can afford to lie on my couch. And, lastly, a great many of you would

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never be caught dead lying on my couch, let alone admit that you are depressed. So, for those of you who know deep down that you are not as happy as you used to be and want to change, I have written this book.

My colleague, Kelly McCardy-Fuller and I have written many reports, journals, articles and publications for our peers. However, this is not one of them. This is strictly for you. It does not contain any technical jargon, theoretical formulas or statistical psychobabble. It only contains practical, cut and dry, common sense information to help you. We recommend that you underline or highlight the points in the text that stand out in your mind as you read. You will then be able to go back and re-read the sections that you marked until you fully grasp the ideas presented to help you deal with your depression...So sit down (or lay) on your *own* couch or in your favorite chair, grab a highlighter, and read on.

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