



Get It Done When You're Depressed

Julie A. Fast, John D. Preston

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Shake the blues away.

Everyone knows that depression can lead to guilt, sadness, frustration, and in the case of 15-20% of people with depression, suicide. Because we live in a culture that rewards (and often worships) productivity, when a depressed person can't meet the expectations of society, the depression becomes worse and a vicious cycle begins. The goal of *Getting Things Done When You're Depressed* is to break this cycle. Readers will learn:

- How to prepare yourself mentally for working while depressed
- How to structure your environment so you can work more easily
- How to work with others
- How to prevent depression

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