

# Four Books for Maturing Individuals Battling Depression



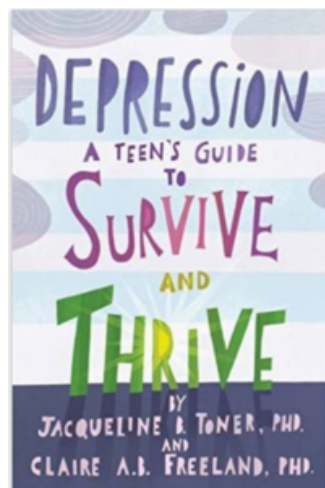
Depression commonly appears, and spikes, in individuals as they enter their teenage years and can affect many facets of their lives. Teenagers may experience a change in their sleep, energy level, appetite, interest, and more. Aside from these symptoms, depression can make an

individual feel very alone, and they may not know where to turn for help or how to ask for help. Though they may not be telling you how they are feeling, you may be noticing some of these symptoms in your teenager and may not know how to help.

Our team of neuropsychologists, school psychologists, and psychology students at South County Child and Family Consultants are committed to searching the Internet and beyond to find reputable, informative, and practical tools to help parents and teens manage depression. We look for the best information online to help kids diagnosed with ADHD, Learning Disabilities, Executive Functioning Difficulties, struggles with Social Emotional Learning (SEL) skills, Autism, Depression, and Anxiety and provide you with information about how neuropsychological evaluations help in targeting concerns about depression. Come back regularly, as the links are updated frequently.

Below is a list of books and workbooks for teenagers and young adults struggling with depression. If read with a desire for change and improvement, all of these books can truly transform an individual's thoughts and feelings. Try to encourage your

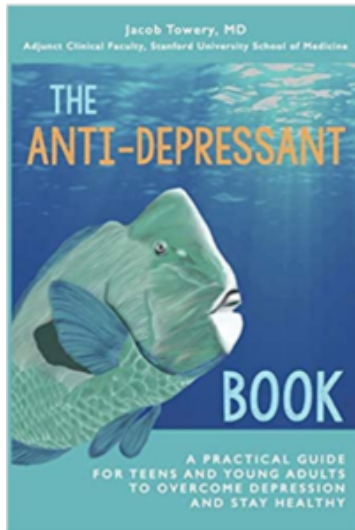
teenager to work through the book with you, or talk through how they are feeling as they read the book. This effort will show them that they are not alone, and though they may not talk to you right away, over time they may feel more comfortable to open up.



## [Depression: a Teen's Guide to Survive and Thrive](#)

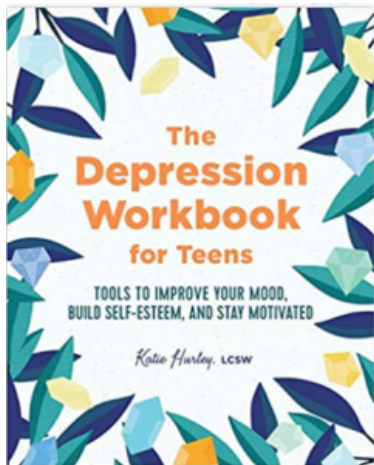
**By Jacqueline B. Toner**

**Amazon Review:** “This engaging and well-written book offers a user-friendly, accessible version of CBT for adolescent depression. It provides up-to-date and practical information on what depressed teenagers can do right now to start feeling better.”—Paul Rohde, PhD, Licensed Psychologist; Senior Research Scientist, Oregon Research Institute



## [The Anti-Depressant Book: A Practical Guide for Teens and Young Adults to Overcome Depression and Stay Healthy](#) By Jacob Towery

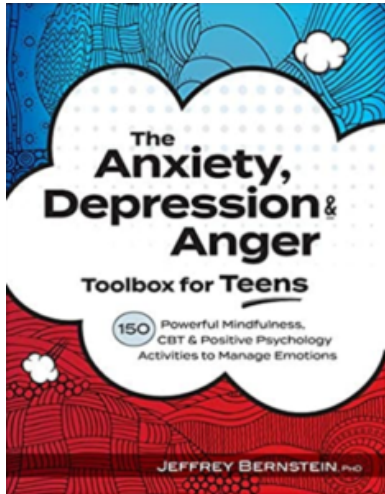
**Amazon Review:** “The Anti-Depressant Book is a fantastic resource for teens struggling with depression and the parents who support them. Dr. Towery highlights the active ingredients that will help your teen fully recover from depression, including: increasing sleep and exercise, mindfulness, cognitive 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



## [The Depression Workbook for Teens: Tools to Improve Your Mood, Build Self-Esteem, and Stay Motivated](#)

**By Katie Hurley**

**Amazon Review:** “The Depression Workbook for Teens provides the only thorough and comprehensive resource to help teenagers understand and manage their depressive symptoms. Teens experience depression differently than other populations, and author Katie Hurley walks the reader through the definitions, symptoms, tools, and resources with ease and grace. . . . It addresses most every question a teen might have, as well as many issues they may not have previously considered. This workbook is empowering, encouraging, thought-provoking, and hopeful on every beautiful page. It will prove to be an invaluable tool in my practice and for any teens suffering from depression or depressive symptoms.”—John Duffy, PsyD, best-selling author of *The Available Parent* and *Parenting the New Teen in the Age of Anxiety*



## [The Anxiety, Depression & Anger Toolbox for Teens: 150 Powerful Mindfulness, CBT & Positive Psychology Activities to Manage Emotions](#)

**By Jeffrey Bernstein**

**Amazon Review:** As teenage anxiety and depression escalate at an unprecedented clip, Dr. Jeffrey Bernstein offers a vital resource of insightful, actionable support. His toolbox of worksheets and targeted, concise guidance helps teens, parents, educators, and therapists flip the narrative of anger and conflict created by academic pressure, home clashes and social issues with friends. You will want to follow his direction to resolve the distress of your adolescents or those you work with so that they can tamp down the stressors that fuel teen anxiety and depression, and gain control of their emotions and lives. – Susan Newman, PhD, social psychologist and author of *The Book of No: 365 Ways to Say It and Mean it* and *Stop People-Pleasing Forever*