



The No-Bullshit Guide to Depression

Steven Skoczen

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The manual for living with depression that everyone should have been given.

Funny, insightful, and relentlessly honest, The No-Bullshit Guide to Depression sets down the stigma and talks through every aspect of living with depression and building a life you love.

Broken down into bite-sized chapters, this book is packed full with everything you need to know about depression, and 60+ research-backed tools to take it on.

The book doesn't shy away from anything.

It covers day-to-day truths like how food, sleep, and sex get weird and practical insights like how to handle all the people in your life. It delves openly into the deep dark places, and talks about how to survive the suicidal thoughts that can come with the toughest days of depression.

Throughout the book, Steven writes with a clear, no-nonsense style and the genuine empathy of someone who's lived with depression. His passionate, funny, and irreverent approach gets people talking, and pulls depression out into the light.

Whether you deal with depression or know someone who does, this is the book to get you through its visits, and into a value-filled life.

Praise for the No-Bullshit Guide to Depression:

- "Probably the best self-help book on depression I've ever read."

?-- Joe Rhinewine, PhD?

Director and Psychologist, Portland Mindfulness Therapy

- "Kitchen-table readable and insanely good. I don't know anyone who's writing about this right now who has such a deep toolbox."

?-- Marny Lombard?

Forefront: Innovations in Suicide Prevention

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Kim Free:

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Douglas Brim:

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