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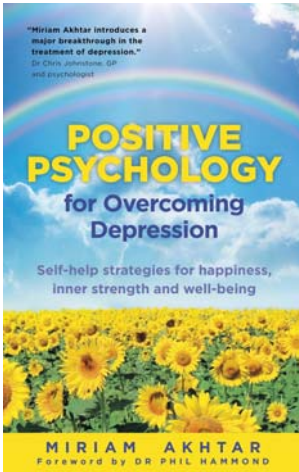
POSITIVE PSYCHOLOGY FOR OVERCOMING DEPRESSION

Self-help strategies for happiness, inner strength and well-being

MIRIAM AKHTAR

Foreword by Dr Phil Hammond

Feb 2012 / Paperback / £8.99



- **THE FIRST POSITIVE PSYCHOLOGY SELF-HELP BOOK TO TARGET THE NO. 1 THREAT TO PSYCHOLOGICAL WELL-BEING - DEPRESSION**
- **SIMPLE STRATEGIES TO OVERCOME DEPRESSION AND PROMOTE HAPPINESS**
- **BASED ON THE LATEST SCIENTIFIC RESEARCH ON WELL-BEING**

A revolutionary new book on positive psychology that explains how to beat the blues for good with the science of happiness

One in two people in the developed world will experience depression in their lifetime. Positive psychology is the scientific study of optimal functioning – what it takes to **feel good, function well and flourish**. This young branch of psychology has produced a number of evidence-based techniques, which have been scientifically proven to increase happiness and well-being. What is not so well known is that a delightful consequence of these interventions is that they also reduce the symptoms of depression.

Positive Psychology for Overcoming Depression is aimed at the millions suffering mild-to-moderate depression and those who want to protect themselves against persistent low moods. The book explains key strategies to help you overcome depression and reduce the chances of it recurring. As you practise the simple yet highly-effective exercises, you will find your mood lifts naturally, your confidence, resilience, positivity and strength grow and your outlook becomes more optimistic. These strategies come from the author's professional practice as a positive psychologist and coach, her background as a journalist and as someone who has suffered from depression herself.

Miriam Akhtar, MAPP, is one of the first qualified positive psychologists in practice in the UK and a former winner of the Medical Journalists Association Gold Award. Miriam's professional interest in positive psychology began in the mid-nineties when she made a programme on the science of happiness for BBC Radio 4. She works now as a positive psychology coach, trainer and lecturer developing the next generation of positive psychologists.

“Miriam Akhtar introduces a major breakthrough in the treatment of depression.”

Dr Chris Johnstone, GP & Psychologist, featured on The Independent on Sunday's Happy List 2010. The *Happy List* is a list of 100 people in the United Kingdom "who give back, volunteer, and who make Britain a better balanced, happier country."

For review copy requests and all media enquiries please contact Francesca Yarde-Buller on 020 7454 8528 or by email francesca@dbp.co.uk

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