

Cognitive-Behavioral Therapy Resources for Depression

Workbooks and Self-help Books

Burns, David: *Feeling Good: The New Mood Therapy*

Burns, David: *The Feeling Good Handbook*

Gilson, Freeman, Yates, Freeman: *Overcoming Depression* (workbook) from the "Treatments That Work" series

Hanson, Rick: *Buddha's Brain: The Practical Neuroscience of Happiness, Love, and Wisdom*

Hayes, Steven: *Get Out of Your Mind and Into Your Life*

Otto, Reilly-Harrington, Knauz, Henin, Kogan, Sachs: *Managing Bipolar Disorder* (workbook) from the "Treatments That Work" series

Rohan, Kelly: *Coping with the Seasons: A Cognitive-Behavioral Approach to Seasonal Affective Disorder* (workbook) from the "Treatments That Work" series

Williams, Teasdale, Segal, and Kabat-Zinn: *The Mindful Way Through Depression: Freeing Yourself From Chronic Unhappiness*