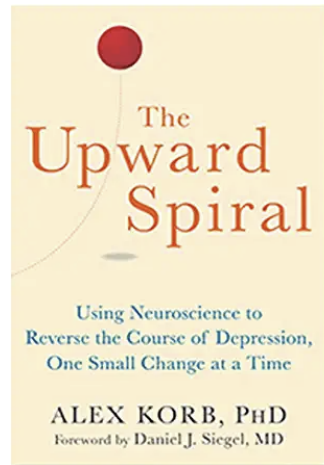




*The Upward Spiral: Using Neuroscience to Reverse the Course of
Depression, One Small Change at a Time*
Alex Korb, Ph.D

A very useful book that presents straightforward and simple actions you can take to start to reverse the downward spiral of depression. The two-book set includes a workbook. The book is very sensitive to how little energy a person in a depressive state may have to change their trajectory. Suggestions are small and effective.