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Depression Resources – Adult

- Breaking the Patterns of Depression (1998). Michael Yapko.
- Control Your Depression (1996). Peter Lewinsohn, R. Munoz, M.A. Youngren, & A. Zeiss.
- Ending the Depression Cycle (2003). Peter Bieling & M. Antony.
- Get Out of Your Mind and Into Your Life: The New Acceptance and Commitment Therapy (2005). Steven Hayes.
- It's Not as Bad as it Seems (2001). Ed Nottingham.
- Mind Over Mood: Change How You Feel by Changing the Way You Think (1995).
D. Greenberger & C. Padesky.
- Overcoming Depression: A Cognitive Therapy Approach for Taming Depression (1999).
Mark Gilson & A. Freeman.
- Overcoming Depression One Step at a Time (2004). Christopher Martell & M. Addis.
- Ten Days to Self Esteem (revised ed., 1999). David Burns.
- The Mindfulness and Acceptance Workbook for Depression: Using Acceptance and Commitment Therapy to Move Through Depression and Create a Life Worth Living (2008). Kirk Strosahl & P. Robinson
- Thoughts and Feelings: Taking Control of Your Moods and Your Life (2nd ed., 1997).
M. McKay, M. Davis, & P. Fanning.
- Understanding and Overcoming Depression: A Common Sense Approach (1999). Tony Bates.
- Undoing Depression (1999). Richard O'Connor.