Written by nationally recognized experts in the field, Beating Depression arms sufferers and their families with the knowledge and tools they need to recognize depression and make informed choices about its treatment and management. The authors explore the latest findings on the causes of depression and the treatments currently available, including medications and psychotherapeutic approaches. Readers get checklists, quizzes, and other powerful self-assessment tools to help determine if they are actually suffering from depression and to what clinical degree. And they get expert guidance on how to find help and work with physicians and mental health professionals to develop a treatment plan and to cope with problems that can arise during treatment.
2 Tips For Beating Depression Today. Posted: March 5, 2017 6:00 am.

The limbic system is an area known to be vastly involved with some of the most fundamental processes of being human. By looking at our patient’s brain function through SPECT, we can identify the underlying brain biology of a person’s depressive systems, allowing us to target proper treatment efficiently. Here are two simple yet powerful lifestyle strategies that can be helpful in reducing depression:

#1. Your Brain is Happy When You Exercise. Beating depression doesn’t mean remaining hopeful that one day you will suddenly feel happy again. (No matter how many coins you flip into the wishing fountain.) It’s becoming aware of what works for you and what can effectively get you from point A to point B. Once you set a plan for yourself, beating depression becomes easier. For most people, their depression is related to having low self-esteem.