

## Undercurrents A Therapists Reckoning With Her Own Depression

Amazon.com: Customer reviews: Undercurrents: A Therapist's ...

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Undercurrents: A Life Beneath the Surface: Martha Manning ...

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Undercurrents: A Life Beneath the Surface [Martha Manning] on Amazon.com. \*FREE\* shipping on qualifying offers. This is the memoir of an ordinary woman—a mother, a daughter, a psychologist, a wife—who tells the tale of her spiraling descent into a severe

*Intensive Care: A Doctor's Journal - New York University*

Undercurrents: A Therapist's Reckoning with Her Own Depression Paperback – 18 Mar 1996 by Martha Manning (Author)

*Undercurrents : a therapist's reckoning with her own ...*

She names the emotional "undercurrents" suggested in the book's title with moving precision: panic over sudden disorientation, anxiety about what to keep secret, frustration with her own unreliability, dread of small duties and ordinary appointments, heartache over her faltering efforts to be a good and present mother.

*Undercurrents A Therapist's Reckoning with Depression 1st ...*

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*Prozac Diary - New York University*

The Hardcover of the Undercurrents: A Therapist's Reckoning with Her Own Depression by Martha Manning at Barnes & Noble. FREE Shipping on \$35.0 or more

*Undercurrents: A Therapist's Reckoning with Her Own ...*

Summary: This memoir of a clinical psychologist (also a professor of psychology) chronicles her own depression over a period of a year and a half, from early symptoms, through near despair, electroconvulsive therapy, and hospitalization to recovery.

*Undercurrents A Therapists Reckoning With*

Undercurrents is a memoir by Martha Manning, Ph.D., who is a clinical psychologist and was a former professor of psychology at George Mason University. Martha Manning's book raised many different opinions and thoughts to mind. She is so honest that her descent into such a haunting depression engages you in a whole new dimension of thought.

*Undercurrents: A Therapist's Reckoning with Her Own Depression*

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Undercurrents: A Therapist's Reckoning with Her Own Depression Martha Manning, Author HarperCollins Publishers \$20 (197p) ISBN 978-0-06-251183-6 More By and About This Author

[(Undercurrents: A Therapist's Reckoning with Her Own ...

As a person who has battled depression, reading Undercurrents by therapist Martha Manning was, at times, like reading my own journal. Manning accurately describes the pain and isolation that go hand and hand with manic depression. Her tale is tragic, but what she learns and shares with us is worthwhile. I highly recommend this short book to ...

*Undercurrents: A Therapist's Reckoning with Her Own ...*

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UNDERCURRENTS: A Therapist's Reckoning with Depression User Review - www.kirkusreviews.com It is strange to find small joys in a book about depression, but there are many in Manning's tale of her...

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Undercurrents: A Therapist's Reckoning with Her Own Depression Manning, Margaret

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