



# Depression: The Way Out of Your Prison

By Dorothy Rowe

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*Depression: The Way Out of Your Prison* gives us a way of understanding our depression which matches our experience and which enables us to take charge of our life and change it. Dorothy Rowe shows us that depression is not an illness or a mental disorder but a defence against pain and fear, which we can use whenever we suffer a disaster and discover that our life is not what we thought it was.

Depression is an unwanted consequence of how we see ourselves and the world. By understanding how we have interpreted events in our life we can choose to change our interpretations and thus create for ourselves a happier, more fulfilling life.

*Depression: The Way Out of Your Prison* is for depressed people, their family and friends, and for all professionals and non-professionals who work with depressed people.

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### Editorial Review

#### Review

'You can't go to a party without meeting at least two people whose lives have been changed by Dorothy Rowe.' - Linda Grant, The Guardian 'Dorothy Rowe's is the calm voice of reason in an increasingly mad world.' - Sue Townsend

#### From the Back Cover

Depression is the experience of a terrible isolation, of being alone in a prison. But by understanding how we build the prison of depression we can dismantle it for ever. Dorothy Rowe gives us a way of understanding depression, allowing us to take charge of our lives. She shows it is not an illness requiring drugs but a defence we use to hold ourselves together when we feel our lives falling apart. This bestselling book, now in its second edition, contains the stories of people who have left the prison of depression and changed their lives for ever.

#### About the Author

Australia born, Dorothy Rowe worked as a teacher and child psychologist in Sydney then moved to England to work as a clinical psychologist in the NHS and to begin her research into depression. After completing her PhD from Sheffield University she established and headed the Lincolnshire Department of Clinical Psychology for more than a decade. She then decided to devote her time fully to writing, researching and teaching. Her work is concerned with how we create meaning and how we communicate. Dorothy Rowe is consulted by and writes for the full range of national newspapers magazines. She is a consultant for many television programs and appears regularly in television and radio interview phone-ins.

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