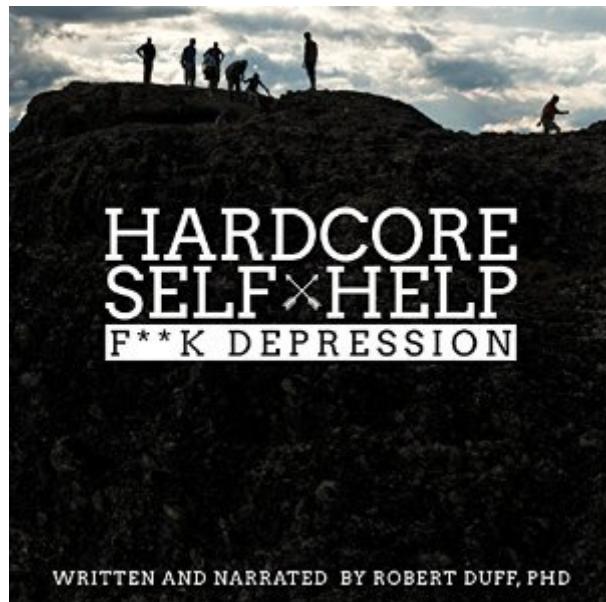


The book was found

Hardcore Self Help: F**k Depression



Synopsis

Hardcore Self Help: F**k Depression is the follow-up to the best-selling F**K Anxiety. In this book I take the information, tips, and insights that I have gained as a psychologist and translate them into language that doesn't suck. This is the self-help book for people who don't usually like self-help books. In Hardcore Self Help: F**K Depression, I talk to you like a friend. That means I speak directly to you, without psychobabble. Instead I tell you why your brain is such a troll. I explain why you have literally no energy or motivation. I tell you why people are so terrible at offering help. Best of all, I tell you how to take realistic steps toward solving these and many other issues caused by depression.

Book Information

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Customer Reviews

This book motivates you and encourages you to go out and live your life. There are good bits in this book, especially the chapter about suicide. It is best for people with mild depression that is a side effect of some hardship. Not very effective for people with major depression or the depression that is a side effect of other disorders like psychosis or generalized anxiety. It is good for people with no background or little background in mental health, and are not down for reading through big books with medical jargon. The last chapter talks about 'gamifying' your life, which didn't resonate with me; I guess it'll resonate with gamers.

I originally bought this for a loved one who has been going through depression. I have read many

books on healing depression by spirituality and with influence from Buddhism. Well, my loved one thinks it's a bunch of hippy dippy new age bs. He's 25, likes punk and hardcore music, is tatted up and his hobbies include playing the guitar, video games, and drinking. He's not exactly in touch with his "softer" side or his emotions which has made getting through to him that much harder for me, a big "feeler and healer". The way Robert Duff speaks to the reader in this book is exactly what's needed for someone like my loved one. It's like a friend talking to you over a beer and getting short and to the point, no psychobabble, no pretentiousness. I'm reading it for myself and I think it's amazing. Robert really speaks to you like a friend telling you you need a wake up call. I hope he writes more. I will definitely buy more of his works if he does!

I found this book particularly insightful as an individual who is not struggling with depression, but is married to someone who is. The author's humor made depression seem less terrifying in general, while his factual, educated perspectives gave me a deeper understanding. I highly recommend this quick, easy read to anyone trying to understand what it really means to struggle with depression...I feel tremendously more prepared to walk through this with my husband.

Very to the point book with great advice. This book is not like most self help books with wording and guidance you just can't wrap your head around unless you yourself are a psychologist. While it may seem as if it is directed toward men, I loved it for it's straight forward approach and wording. A great read, with open, honest advice.

Duff does it again!!!! Taking the yucky and difficult topic of depression, breaking it down into language that is easy to understand, bringing hope that it can get better and making you laugh along the way. And of course chalked full of good suggestions and where to start. This book is slower paced than the first book but still has the signature Duff flavor, also a little longer than that last book but not TOO long, he says what needs to be said on a topic and then moves on and doesn't bog you down with filler. All the things you loved about the first book are in this book too.

It was clearly written for a younger audience and one without much knowledge about depression. The writing was simplistic. The knowledge pretty basic. I felt it was dumbed down, but maybe it was because it was just presented to appeal to people with no knowledge at all on the topic. So not the sort of book I would generally read. I didn't get anything out of it to be honest. Flew through it pretty fast. I'm sure others might have had a use for it just not me. I read a great deal about topics of

interest to me and when diagnosed with something, that then becomes important to me. This reminds me of things I read when I was 18 during my first depression, but even then, I read more in-depth works. Each to his or her own.

This book is a fabulous, down-to-earth breakdown of what it's like to experience depression and how to take steps to overcome it. I'd recommend this highly for adults who dislike sterile clinic-speak, especially the below 30 set (though I certainly wouldn't limit it to that audience). Funny, irreverent, real, practical, and honest. Ridiculously easy to read while high on quality content. Perfect tone for getting a toe into climbing out of depressive states.

There is a lot of information here, plus helpful new ways to think about the disorder of Depression. I found the author's approach to the subject refreshing, easy to read and not too clinical. I wish he could have found a way to write that didn't need 4 letter words every few sentences. I have depression, but don't need gutter street talk to get and keep my attention! In all fairness, F is in the title line so could have expected the language. Author just seems to have so much to offer without using this un-appealing language.

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