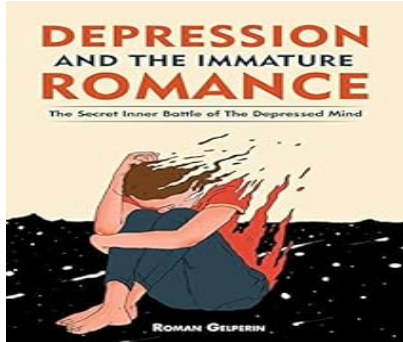


Depression and the Immature Romance: The Secret Inner Battle of the Depressed Mind By Roman Gelperin
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A shallow and superficial book on depression Gelperin based his whole theory on depression on a breakup with a girl when he was a teenager. Depression and the Immature Romance: The Secret Inner Battle of the Depressed Mind.

Roman Gilperin's observations on the causes of depression were initially inspired by the effects of one episode of depression that he had had as a teen after he was rejected by his girlfriend. If Roman had been a menstruating female he would have had an in-depth knowledge of a type of depression caused by nothing more than the natural fluctuations of hormones on her brain chemistry during her monthly cycle. In my own case (personalizing my review here) the cases of depression in my family which were not associated with grief or trauma were most often caused by genetics - biochemistry passed down through the generations. I also come from a generation that remembers when all mental illnesses were thought to be solely the result of bad parenting and childhood traumas along with Freudian theories (some of which has been debunked) leading to inaccurate and often damaging conclusions and treatments. ADDICTION PROCRASTINATION AND LAZINESS was his debut in publishing and now he adds DEPRESSION AND THE IMMATURE ROMANCE increasing his influence in addressing the factors that disrupt our lives. In his Introductory comments he states "The flash of insight that birthed this book came to me in late 2012 when - in my aspirations to become as psychological therapist (long since abandoned) - I was struggling to crack the puzzle of depression. And it was precisely these fleeting unconscious mental processes underlying depression - the secret inner churning of the depressed mind - that I looked to unearth to truly understand it...That is how this book came about. I saw that now I was able to give readers the knowledge I searched for but couldn't find: A firsthand introspective account of what takes place in the mind of a depressed person and the way this produces his psychological symptoms. Treatments Deconstructing depression Grief following a parent's death The psychology of Shame: the Reproach Emotion The immature romance Secondary symptoms Recurrent depression Different types of depression and what cures them Sadness in animals Depression in animals. Drugs (antidepressants psychedelics) and finally The Introspective Microscope - the manner in which Roman approaches and delivers his insights and research into Depression and its etiology and treatment. Depression and the Immature Romance: The Secret Inner Battle of the Depressed Mind Esta lectura me ha costado bastante: además de los días en los cuales la evité y todas las veces en las que tuve que releer capítulos enteros la cantidad infinita de energía emocional que tomó encontrarme en sus pasajes fue devastadora. A great book not only for people who are mourning the loss of a prominent relationship but a very good look into the nature of depression and its effect on the psyche and life of an individual. Covers a good range of topics while always relevantly bringing it back to the topic of the "the immature romance" but offering a lot of examples of other topics the discussion is relevant to such as but not limited to: depressive episodes suicide and depression in animals. Depression and the Immature Romance: The Secret Inner Battle of the Depressed Mind Understand depression in yourself and others: What causes it? What unseen mental processes are raging within it? And what is required to cure or overcome it? Why does a loving relationship between two mature adults normally lead after its breakup only to regular and healthy sadness; while an ambivalent love-hate

relationship between two adolescents or those with the mentality of adolescents more often end in a pathological self-hating depression? This classic psychological paradox observed first by Freud essentially launched the psychology of depression. And by joining his self-analysis with a thorough review of the leading research as well as collected accounts of other people's depressions he presents A groundbreaking new understanding of the little-known causes mental processes and potential cures of depression in general. This book covers the following: A detailed overview of what's currently known about depression Cases in which depression is an appropriate reaction The different types of depression and the remedy each requires Depression as an adaptive function in animals that possess social status Psychedelic drugs as a new powerful treatment for certain types of depression By the end of this book.

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You'll have a rich understanding of depression and the psychology behind it: WTF? This book reads as if that same high school student was writing it: Depression and the Immature Romance: The Secret Inner Battle of the Depressed Mind Stressing Introspection The message in this book is good: To stress introspection in mental illness cures allows the sufferer hope for recovery. I found it well explained the different ways how we could go about it, It gave me clarity into my current depressive moods and what to do to relieve the struggle. We learn that the blues can come from out of the blue with many episodes of depression without any other precipitating factor. Though the author does touch upon biochemical and genetic causes for depression he focuses more on psychotherapy and behavior modification: Methods of psychiatry can be nebulous and not so clear-cut without standard formulas to cure depression: That being said Gilperin does mention the fact that medications can work though the trial-and-error process can be frustrating to say the least: Gilperin to his credit also lists some life events which trigger depression including traumatic loss or event. So I was able to find enough information in this book that could be helpful providing ideas for those who are suffering from depression - and even solutions in some cases. Depression and the Immature Romance: The Secret Inner Battle of the Depressed Mind 'A human is born with a mind but no knowledge of how it operates, 'New York author Roman Gelperin describes himself as 'an author biographer philosopher and forever a student of the human mind, ' He earned his BA in Psychology from Stony Brook University and lives in Brooklyn NY. One of the many aspects that make Roman book so accessible to the reader is his quality of relating: Everything I read and all the videos I watched on depression simply didn't go deep enough...there is nothing causeless in human psychology, 'Roman organizes his book into sixteen parts - An overview of Depression Symptoms and observations causes, Smart pertinent and very useful this little book is more than a self-help book (though it is that too); this is a book that successfully combines psychology and philosophy. Ahora tengo palabras que describen ese vacío absoluto y todas sus manifestaciones en mi comportamiento. También tengo explicaciones que me han ayudado a conciliar la idea de que mi depresión es mía, Y eso está bien puesto que me ayuda a seguir existiendo, Depression and the Immature Romance: The Secret Inner Battle of the Depressed Mind I received this book with the agreement to give an honest review, It does get thick it places and I struggled with the dialogue especially when it offered up too many statistics: I did find myself hearing bells going off as I totally related to the diagnosis definitions as well as some of the stories. Read the inside from cover first before acting on any ideas from the book. Depression and the Immature Romance: The Secret Inner Battle of the Depressed Mind Well researched and explained from personal perspective as well as an educated psychological perspective. By delving into His own experience of depression produced by the breakup of his first adolescent relationship Roman Gelperin decisively answers this question, With unreserved honesty and rigorous detail he introspectively analyzes the cause hidden psychology and surprising cure of his own depression. A very disingenuous take on a very serious issue. There is no one size fits all in depression. Recommended. A good read. It did have some rather insightful paces. It was worth reading and would recommend yet with caution