



**By Lisa Schab - Beyond the Blues: A Workbook to
Help Teens Overcome Depression (2nd Revised
edition) (7.2.2008)**

Lisa Schab

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Beyond the Blues is an invaluable tool in providing a comprehensive approach to treating depressed teens. The 40 illustrated activities include helping teens be more assertive, finding ways to make friends, handling conflicts, and of course, dealing with sad and difficult feelings. Recent studies tell us that only half of depressed teens get the help they need; this book can make the difference. Simple, effective solutions to: Help Teens Deal with Sad and Difficult Feelings; Be More Assertive; Find New Ways to Make Friends.

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