

Get up! Get out! Get it done!



50 Strategies for Keeping Your Life on Track

Don't let depression get in the way of the life you want.

If you're like many people living with depression, getting up and getting moving can often be a huge chore. You want to be productive—and you know you need to be—but your brain just won't let you.

Get It Done When You're Depressed offers 50 strategies to break the cycle of inactivity that so often accompanies depression. The strategies in this book are practical and easy to apply and can lead to a lifetime of productivity, no matter what your mood is.

- **Feel the depression—and do it anyway.**
- **Create creativity.**
- **Think like an athlete.**
- **Know when your brain is lying to you.**
- **Allow time for positive results.**

These and 45 other strategies will help you lift the depression brain fog, create a daily structure, and feel great about yourself and your abilities again.



Julie A. Fast has been depressed all of her adult life. During most of that time, she has had trouble getting things done, but that changed when she developed and used the strategies described in this book. She started two web pages, www.juliefast.com and www.bipolarhappens.com; wrote five books on mood disorders (including *Take Charge of Bipolar Disorder* and *Loving Someone with Bipolar Disorder* with co-author Dr. John D. Preston); and recently received a mental health journalism award for her magazine work.

John D. Preston, Psy.D., ABPP, is professor of psychology with Alliant International University, Sacramento, California. Dr. Preston is the author of 18 books on psychotherapy, psychopharmacology, spirituality and emotional healing, and neurobiology, among others. He is also the author of the "Drugs in Psychiatry" chapter in *The Encyclopedia Americana*.

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