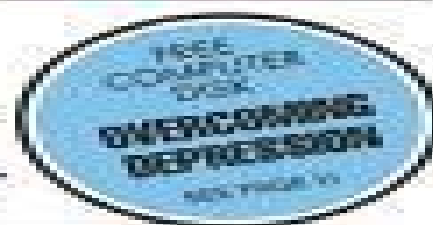


**GOOD**

The New  
Psychology  
of Overcoming  
Depression



**MOOD**

*Julian L. Simon*

FOREWORD BY ALBERT ELLIS

# Good Mood The New Psychology Of Overcoming Depression

**Julian Simon**



## **Good Mood The New Psychology Of Overcoming Depression:**

Good Mood Julian Lincoln Simon, 1993 In 1975 Julian Simon had been severely depressed almost every day for 13 years He had tried various treatments always without success Then he decided to make one final attempt to get rid of the depression before giving up Professor Simon began reading about the new cognitive therapy with increasing hope but with considerable doubts In the ensuing intellectual and emotional struggle Simon identified the psychological mechanism that is the immediate cause of sadness and depression Within two weeks he had banished his depression and he has kept himself undepressed until now Since 1975 Simon has been glad to be alive and has taken pleasure in his days Occasionally he has even been ecstatic skipping and leaping from joy especially in the early years when relief of the agony of depression was fresh He has continued to read the psychological literature on depression and to hone and develop the theory and practice of the method that saved his own life Some philosophers have long understood that the self comparisons we make affect our feelings But self comparisons have not heretofore been systematically explored or integrated into scientific understanding of the thinking of depressed persons Good Mood integrates this element with the other elements of cognitive therapy now proven in experimental studies to be unsurpassed in effectiveness for alleviating depression Whenever you think about yourself in an evaluative way which most of us do every day you compare the state you think you are actually in with some other benchmark state that you think you ought to be in If the self comparison is positive you feel pleasure If the comparison is negative you feel pain If you also feel helpless to change the situation you will feel sad If you keep this up continuously over a long period you will probably become depressed Good Mood presents a detailed account of the origin and functioning of negative self comparisons neg comps and the various ways of eliminating them It will be useful for depression sufferers their friends and relatives psychologists and counselors

**When Good Thinking Goes Bad** Todd C. Riniolo, 2010-08-05 Todd Riniolo has written the perfect primer on critical thinking not just for critical thinkers but for everyone Not only should this book be the primary text of critical thinking courses throughout the land but the chapters on how to think critically about political economic and social issues should be required reading for all members of Congress along with the White House staff and the President himself Riniolo has cracked open our skulls and revealed that what lies inside is a mass of irrational goo that must be reshaped through vigilance and education This book is where it begins MICHAEL SHERMER Publisher of Skeptic magazine Monthly columnist for Scientific American Author of Why People Believe Weird Things and Why Darwin Matters In 1975 the Environmental Fund sponsored a full page advertisement in leading newspapers which predicted that the world as we know it will likely be ruined before the year 2 000 due to the assumed inability of world food production to keep pace with the increase in population The statement was endorsed by some of the finest thinkers of the time scientists scholars and other professionals who had spent their careers applying the principles of critical thinking to their chosen disciplines Nonetheless in this instance they all failed to use the same rigor in assessing the probability of looming disaster

and badly miscalculated This is just one example of how even the best thinkers can sometimes go astray and it illustrates how easily unconscious biases can undermine the critical thinking process In this insightful analysis of the mental pitfalls that trip up even elite critical thinkers psychologist Todd C Riniolo makes a compelling case that under certain circumstances everyone is vulnerable to accepting erroneous beliefs Riniolo begins by reviewing the hallmarks of critical thinking related to the evaluation of claims such as the use of the double blind procedure and the law of parsimony He then provides an evolutionary framework and empirical supporting evidence from cognitive psychology to explain why being inconsistent in the use of critical thinking is part of our evolutionary heritage Each of us possesses cognitive biases that make us prone to maintaining our current beliefs both true and false He concludes by focusing on a wide range of claims environmental political economic multicultural to illustrate how in certain contexts we all are tempted to abandon critical thinking

Thoroughly researched yet written in a lively witty style this unique approach to critical thinking will interest students teachers and anyone who wishes to become a better thinker Todd C Riniolo Grand Island NY is an associate professor of psychology at Medaille College He has written many peer reviewed articles in the psychological literature

**The Silicon Shrink** Daniel Oberhaus, 2025-02-04 Why the race to apply AI in psychiatry is so dangerous and how to understand the new tech driven psychiatric paradigm AI psychiatrists promise to detect mental disorders with superhuman accuracy provide affordable therapy for those who can't afford or can't access treatment and even invent new psychiatric drugs But the hype obscures an unnerving reality In *The Silicon Shrink* Daniel Oberhaus tells the inside story of how the quest to use AI in psychiatry has created the conditions to turn the world into an asylum Most of these systems he writes have vanishingly little evidence that they improve patient outcomes but the risks they pose have less to do with technological shortcomings than the application of deeply flawed psychiatric models of mental disorder at unprecedented scale Oberhaus became interested in the subject of mental health after tragically losing his sister to suicide In the book he argues that these new ostensibly therapeutic technologies already pose significant risks to vulnerable people and they won't stop there These new breeds of AI systems are creating a psychiatric surveillance economy in which the emotions behavior and cognition of everyday people are subtly manipulated by psychologically savvy algorithms that have escaped the clinic Oberhaus also introduces readers to the concept of swipe psychology which is quickly establishing itself as the dominant mode of diagnosing and treating mental disorders It is not too late to change course but to do so means we must reckon with the nature of mental illness the limits of technology and what it means to be human

**Therapy Breakthrough** Michael Edelstein, Richard Kujoth, David Steele, 2013-08-27 Explains the theories and practices of both Psychodynamic PD and Cognitive Behavioral CB therapy using psychological research philosophy and common sense to argue that PD therapy is founded on mistaken theories of the mind while CB therapy can be applied to the problems affecting those in therapy today Original

*Nature and Experience in the Culture of Delusion* D. Kidner, 2012-03-06 While the historical development of symbolic power has benefitted humanity

enormously there is an insidious and seldom recognised price that goes beyond environmental degradation and cultural disintegration With insights from both social and natural sciences this book explores the changing character of subjectivity in contemporary life     Shapers of the Great Debate on Conservation Rachel W. White,2004-09-30 Through biographical examinations of some of the key figures in the debate on conservation this book seeks to explore a range of subjects such as the evolution of the conservation movement its implications for policy makers and how it impacts the daily lives of people everywhere The varying approaches taken by these individuals will serve to emphasize that there are many definitions of conservation and that many viewpoints are valid Detailed observations of important figures on both sides of the debate including some of the most famous and familiar and some less so provide readers with the knowledge they need to form their own opinions on this topic Major biographies include individuals such as Rachel Carson Dixy Lee Ray John Muir and James Watt An introductory essay an appendix of shorter entries on additional figures and a bibliography are also included

**Developing Decision-Making Skills for Business** Julian Lincoln Simon,2016-07-08 This practical resource shows business professionals how to improve their decision making skills and enhance their ability to develop effective interpersonal relationships with co workers and clients The book covers a wide range of topics identifying tastes and preferences personal skill assessment cost benefit analysis risk and uncertainty multi tasking human resource management time constraints data collection and more Designed to help busy professionals make the most effective use of time and energy it will also be useful in the study of organizational behavior and business psychology     Hoodwinking the Nation Julian Simon,2017-07-12 Most people in the United States believe that our environment is getting dirtier we are running out of natural resources and population growth is a burden and a threat These beliefs according to Simon are entirely wrong Why do the media report so much false bad news about these And why do we believe it Those are the questions distinguished scholar Julian Simon set out to answer in this book     Faith in Freedom Thomas Szasz,2017-07-12 The libertarian philosophy of freedom is characterized by two fundamental beliefs the right to be left alone and the duty to leave others alone Psychiatric practice routinely violates both of these beliefs It is based on the notion that self ownership exemplified by suicide is a not an inherent right but a privilege subject to the review of psychiatrists as representatives of society In Faith in Freedom Thomas Szasz raises fundamental questions about psychiatric practices that inhibit an individual s right to freedom His questions are fundamental Is suicide an exercise of rightful self ownership or a manifestation of mental disorder Does involuntary confinement under psychiatric auspices constitute unjust imprisonment or is it therapeutically justified hospitalization Should forced psychiatric drugging be interpreted as assault and battery on the person or is it medical treatment The ethical standards of psychiatric practice mandate that psychiatrists employ coercion Forgoing such intervention is considered a dereliction of the psychiatrists duty to protect How should friends of freedom especially libertarians deal with the conflict between elementary libertarian principles and prevailing psychiatric practices In Faith in

Freedom Thomas Szasz addresses this question more directly and more profoundly than in any of his previous works

**Population and Development in Poor Countries** Julian Lincoln Simon, 2014-07-14 Making the case that population growth does not hinder economic progress and that it eventually raises standards of living Julian Simon became one of the most controversial figures in economics during the past decade This book gathers a set of articles theoretical empirical and policy analyses written over the past twenty years which examine the effects of population increase on various aspects of economic development in less developed economies The studies show that within a century or even a quarter of a century the positive benefits of additional people counterbalance the short run costs The process is as follows increased numbers of consumers and the resultant increase of total income expand the demand for raw materials and finished products The resulting actual and expected shortages force up prices of the natural resources The increased prices trigger the search for new ways to satisfy the demand and sooner or later new sources and innovative substitutes are found These new discoveries lead to cheaper natural resources than existed before this process began leaving humanity better off than if the shortages had not appeared Originally published in 1992 The Princeton Legacy Library uses the latest print on demand technology to again make available previously out of print books from the distinguished backlist of Princeton University Press These editions preserve the original texts of these important books while presenting them in durable paperback and hardcover editions The goal of the Princeton Legacy Library is to vastly increase access to the rich scholarly heritage found in the thousands of books published by Princeton University Press since its founding in 1905     The Journey of Women After 40 Liana Kallierou-Xylas, 2011-10-28 Woman After Forty is a psychological journey in the life of every woman as well as a compass pointing to the future Women Readers over forty from the scientific studies from research centers as Harvard University Johns Hopkins University and the Mayo Clinic will find their own ways to understand and value their outward appearance and inner strength in order to feel healthy useful and fulfilled Also they will draw strength from their maturity so that they can better serve and enjoy their personal goals at the various stages of their lives I like to think of it as a breath of optimism to help women confront the future with strength and energy     The Ultimate Resource 2 Julian Lincoln Simon, 2020-06-30 Arguing that the ultimate resource is the human imagination coupled to the human spirit Julian Simon led a vigorous challenge to conventional beliefs about scarcity of energy and natural resources pollution of the environment the effects of immigration and the perils of overpopulation The comprehensive data careful quantitative research and economic logic contained in the first edition of The Ultimate Resource questioned widely held professional judgments about the threat of overpopulation and Simon's celebrated bet with Paul Ehrlich about resource prices in the 1980s enhanced the public attention both pro and con that greeted this controversial book Now Princeton University Press presents a revised and expanded edition of The Ultimate Resource The new volume is thoroughly updated and provides a concise theory for the observed trends Population growth and increased income put pressure on supplies of resources This increases prices which

provides opportunity and incentive for innovation Eventually the innovative responses are so successful that prices end up below what they were before the shortages occurred The book also tackles timely issues such as the supposed rate of species extinction the vanishing farmland crisis and the wastefulness of coercive recycling In Simon's view the key factor in natural and world economic growth is our capacity for the creation of new ideas and contributions to knowledge The more people alive who can be trained to help solve the problems that confront us the faster we can remove obstacles and the greater the economic inheritance we shall bequeath to our descendants In conjunction with the size of the educated population the key constraint on human progress is the nature of the economic political system talented people need economic freedom and security to bring their talents to fruition **The Myth of the Closed Mind** Ray Scott Percival, 2012 Religious zeal suicide terrorism passionate commitment to ideologies and the results of various psychological tests are often cited to show that humans are fundamentally irrational The author examines all such supposed examples of irrationality and argues that they are compatible with rationality Rationality does not mean absence of error but the possibility of correcting error in the light of criticism In this sense all human beliefs are rational they are all vulnerable to being abandoned when shown to be faulty

The Bet Paul Sabin, 2013-09-03 The Bet uses a legendary wager between the Stanford biologist Paul Ehrlich and the conservative University of Illinois economist Julian Simon to examine the roots of modern environmentalism and its relationship to broader political conflicts in the nation Ehrlich author of the landmark 1968 book *The Population Bomb* believed that rising populations would cause overconsumption scarcity and disastrous famines Simon countered that flexible markets technological change and human ingenuity would allow societies to adapt to changing circumstances and continue to improve human welfare In 1980 they made a much ballyhooed bet about the future prices of five metals that served as a proxy for their arguments about the future The Bet weaves intellectual biographies of Ehrlich and Simon into the history of late twentieth century environmental politics and other struggles of the era between liberals and conservatives Humanity's larger gamble on the future still remains unresolved By wrestling with the different sides of these arguments The Bet encourages a more nuanced approach to environmental problems one that acknowledges the limitations of both ecology and economics in guiding policy and that instead emphasizes the conflicting values that underlie political choices The Bet is structured around three bets first the 1000 bet that Ehrlich and two colleagues made with Simon over the prices of chromium copper nickel tin and tungsten second the bet that the United States faced in the 1980 presidential election in choosing between Carter and Reagan and third the larger gamble that we as a society continue to make as we make choices

*Positive Psychology* Alan Carr, 2004-08-02 What is positive psychology Positive psychology is concerned with the enhancement of happiness and well being involving the scientific study of the role of personal strengths and positive social systems in the promotion of optimal well being The central themes of positive psychology including Happiness Hope Creativity and Wisdom are all investigated in this book in the context of their possible applications in clinical practise Positive

Psychology is unique in offering an accessible introduction to this emerging field of clinical psychology. It covers available resources including websites and test forms, methods of measurement, a critique of available research, recommendations for further reading. Positive Psychology will prove a valuable resource for psychology students and lecturers who will benefit from the learning objectives and research stimuli included in each chapter. It will also be of great interest to those involved in training in related areas such as social work, counselling and psychotherapy. *Machine Conversations* Yorick Wilks, 2013-03-09

*Machine Conversations* is a collection of some of the best research available in the practical arts of machine conversation. The book describes various attempts to create practical and flexible machine conversation ways of talking to computers in an unrestricted version of English or some other language. While this book employs and advances the theory of dialogue and its linguistic underpinnings, the emphasis is on practice both in university research laboratories and in company research and development. Since the focus is on the task and on the performance, this book provides some of the first rate work taking place in industry quite apart from the academic tradition. It also reveals striking and relevant facts about the tone of machine conversations and closely evaluates what users require. *Machine Conversations* is an excellent reference for researchers interested in computational linguistics, cognitive science, natural language processing, artificial intelligence, human computer interfaces and machine learning. The Means of Reproduction Michelle Goldberg, 2009-04-02

Think of Goldberg as the Al Gore of a sexual equality crisis. Reproductive freedom is not just a matter of justice; it's a matter of survival. The American Prospect New York Times columnist Michelle Goldberg's brilliant investigation of the global struggle over women's reproductive rights, the worldwide battle between the forces of modernity and those of reaction being fought on the terrain of women's bodies. Through Goldberg's meticulous reporting across four continents, *The Means of Reproduction* highlights the past and present of feminist activism around the world. In the face of a new wave of authoritarianism, we can look to the stories within this book, from an abortion provider turned health minister of Ghana to survivors of domestic abuse in India to pioneers of access to birth control throughout the Global South, as both blueprint and inspiration. With broad historical scope and lucid prose, Goldberg's analysis demonstrates that women's rights are key to flourishing societies. *A Place Called Happiness* Dori Seider, 2001-05-23

Who among us has not experienced times of vague uneasiness, prolonged stress, depression or even despair? What if you have just suffered a severe loss or many losses? Where do you turn when everything you've worked so hard to build up suddenly and completely falls apart? *A Place Called Happiness* while understanding that circumstances and events of our lives can be anywhere from mildly difficult to brutalizing, nevertheless affirms a permanent pathway to a state of overriding contentment. In this concise, readable book, Dr. Dori Seider allows us to encounter gently yet powerfully the internal barriers that keep us from our own happiness. She helps us to define a new approach that will invite our contentment, ask it to stay longer and make it feel so at home that it will return to us more often. The book is divided into four parts: Losing Your Happiness, Changing Your Mind, Finding Your Truth, and Loving Your



Life Dr Seider insists that even in a very troubled world it is possible for each of us to create an enduring sense of well being and she shows us how

*Superabundance* Marian L. Tupy, Gale L. Pooley, 2022-08-31 Generations of people have been taught that population growth makes resources scarcer In 2021 for example one widely publicized report argued that The world s rapidly growing population is consuming the planet s natural resources at an alarming rate the world currently needs 1.6 Earths to satisfy the demand for natural resources a figure that could rise to 2 planets by 2030 But is that true After analyzing the prices of hundreds of commodities goods and services spanning two centuries Marian Tupy and Gale Pooley found that resources became more abundant as the population grew That was especially true when they looked at time prices which represent the length of time that people must work to buy something To their surprise the authors also found that resource abundance increased faster than the population a relationship that they call superabundance On average every additional human being created more value than he or she consumed This relationship between population growth and abundance is deeply counterintuitive yet it is true Why More people produce more ideas which lead to more inventions People then test those inventions in the marketplace to separate the useful from the useless At the end of that process of discovery people are left with innovations that overcome shortages spur economic growth and raise standards of living But large populations are not enough to sustain superabundance just think of the poverty in China and India before their respective economic reforms To innovate people must be allowed to think speak publish associate and disagree They must be allowed to save invest trade and profit In a word they must be free

**Person-Centered Leadership** Jeanne M. Plas, 1996-04-11 From the Business Community Person Centered Leadership builds on that foundation of caring for every individual in the organization and takes it to the next level It features engaging people first team result anecdotes from a variety of American companies and straightforward how tos for becoming the kind of leader not just business that people love to work for and be associated with We ll use it as a discussion for one of our upcoming staff get togethers Michael A Fisher Premier Manufacturing Support Services Dr Plas s book provides insights into aspects of human behavior that enhance effective management skills She affirms that respecting employees as individuals with unique talents and needs within the workplace creates a productive atmosphere that results in happier people and higher profits This book is now required reading for everyone in our firm who manages people I totally agree with Dr Plas s conclusions about competent leadership and its positive impact on all aspects of the individual and the company Bill W Shoptaw Shoptaw James Inc From the Academic Community I found particularly interesting the insightful comment that past teamwork and TQM efforts are flawed because they have not rewarded individuals This suggests a new form of team with individual recognition and elaborated roles for members The key ideas of related individualism authenticity and acceptance of strength and weakness provide guidelines for transforming organizations There are three chapter long case studies and a number of shorter examples that add much interest to the book I would recommend the reader to look at the person centered principles that accompany the

three chapter long cases in the second part of the book and the actions hints and cautions sections in the boxes in Chapter 13 I found the ideas to be well presented and insightful and the case studies to be rich and interesting I think the practical suggestions in the final chapter will be helpful to managers who try to apply the book s recommendations for change Joseph Seltzer Department of Management La Salle University Why hasn t TQM total quality management worked as well in the U S as it has elsewhere In the United States employees seem to prefer recognition of individual achievement over recognition of the work team Could the American cultural emphasis on the individual be a crucial factor This engagingly written textbook demonstrates that the recent participatory management failures are the result of a lack of appreciation for the cultural role of rugged individualism Offering an alternative person centered leadership which puts the individual at the very center of the management approach author Jeanne M Plas demonstrates effective psychology based person centered management techniques using contemporary examples many of them drawn from her research and consulting work with successful U S businesses and CEOs Topics include A historical overview of the relationship of the individual to the corporation The response of new leaders to the problem of rapid technological and social change that outpaces the development of cultural attitudes Illustrations of a variety of person centered leadership approaches that fit different companies and different managerial styles Specific strategies that leaders and managers can use to bring out the best in themselves their associates and their organizations

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