Depressive Rumination: Nature, Theory and Treatment

In the first volume to provide a comprehensive and authoritative empirical and clinical coverage of the process of rumination in depression, Costas Papageorgiou and Adrian Wells have brought together leading experts in a unique collection.

Depressive rumination leads to a multitude of negative consequences such as the maintenance and exacerbation of negative mood and future episodes of depression.

Depressive Rumination:
* Helps identify rumination in dysphoric states and depressive disorders
* Advances understanding and conceptualization of depression
* Provides new insights for improving existing treatments
* Guides assessment and choice of instruments
* Assists in treatment protocols

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