



## More than Moody

By Harold Koplewicz

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In this groundbreaking book, Harold Koplewicz, M.D., uses his experience as a clinician and researcher to help parents distinguish between normal teenage angst and true depression, a serious psychological illness with serious long-term consequences.

Dr. Koplewicz's combination of prescriptive advice and compelling anecdotes show parents the warning signs, risk factors, and key behaviors to look for in their teenage sons and daughters. Furthermore, he illustrates for parents, health-care professionals, and young adults the broad range of treatment options, including the recent approval of SSRI anti-depressants for use in treating young people, as well as non-pharmaceutical approaches such as cognitive behavioral therapy.

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### Editorial Review

From Publishers Weekly

Koplewicz, a prominent child psychiatrist and founder-director of the NYU Child Study Center, begins his careful analysis of teen depression with a number of alarming statistics. One in five teenagers reports a major depressive episode for which he or she did not receive treatment, and 20-40% of teens with major depressive disorder (MDD) develop bipolar disorder within five years. Depression, says Koplewicz (*It's Nobody's Fault*), often starts "silently and slowly," and it can be difficult for parents to determine what's a psychiatric disorder and what's typical adolescent moodiness. With case studies drawn from his experience as a clinician and a solemn, meticulous exploration of the "arc of depression"; life events that can trigger it; the relationship between mood disorders and gender and sexuality; as well as treatments that provide relief and other pertinent topics, Koplewicz's important volume offers parents both a better understanding of adolescent psychological struggles and a practical guide to finding appropriate healing measures.

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### Review

...Koplewicz provides parents with a comprehensive guide to recognizing serious mental health problems in their adolescents... -- *Sally Lee, editor-in-chief, Parents*

...a very readable collection...of case examples.... I recommend this book as required reading for the entire lay public! -- *Marilyn Benoit, MD, President, American Academy of Child and Adolescent Psychiatry*

*More Than Moody* is nicely written, weaving in anecdotes from Koplewicz's practice...to elaborate on key points. -- *The Washington Post*

*More than Moody* is highly readable and offers a wealth of information and much practical advice. -- *Stanley Turecki, MD, author of The Difficult Child and Normal Children Have Problems, Too*

*More than Moody* is the best book...written for the general public about mood problems in children and young adults. -- *Edward Hallowell, MD, author of Driven to Distraction*

[*More than Moody*] is a heartening, knowledgeable and useful guide. And it's fascinating reading, too. -- *Mike Wallace, 60 Minutes, CBS News*

Harold Koplewicz is not just a doctor or a psychiatrist. I truly believe he is a genius in his field. -- *Danielle Steel, bestselling novelist, and author of His Bright Light: The Story of Nick Traina*

### About the Author

Harold S. Koplewicz, M.D., is the founder and director of the New York University Child Study Center. A multiple award-winning psychiatrist, he was named one of "America's Best Mental Health Experts" by *Good Housekeeping* magazine and one of the "Best Doctors in New York" by *New York* magazine. Widely known as an advocate for children with mental illnesses, he is the editor-in-chief of the *Journal of Child and Adolescent Psychopharmacology*. He is the author of *It's Nobody's Fault: New Hope and Help for Difficult Children and Their Parents*.

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