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Depressive Illness: The Curse of the Strong was Dr Cantopher's first, and remains his bestselling, book: his other titles include Toxic People: Dealing with dysfunctional relationships (Sheldon Press, 2017), Stress-Related Illness: Advice for people who give too much (Sheldon Press, 2019) and Overcoming Anxiety: Without Fighting It (Sheldon Press, 2019).

Dr. Cantopher describes depression as a medical illness, in which medications and psychotherapy are useful and practical cures. To that end, his book, Depressive Illness, The Curse of the Strong, highlights his model of depression and gives realistic, real world solutions to overcome depression.

The Blessing and Curse of a Psychiatric Diagnosis . Having a mental illness is an unimaginably lonely journey, so shouldn't receiving a diagnosis be an immense relief? Suddenly you're not alone; there are reasons for your often frightening thoughts and behavior, and medical interventions can help to ease both symptoms and struggling ...

Depressive Illness - The Curse of the Strong Dr Tim Cantopher studied at University College, London and University College Hospital. He trained as a psychiatrist at St James' Hospital, Portsmouth and St George's Hospital Medical School. He has been a member of the Royal College of Psychiatrists since 1983 and was elected

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Depressive Illness: The Curse of the Strong (Overcoming Common Problems) - Kindle edition by Cantopher, Tim. Health, Fitness & Dieting Kindle eBooks @ Amazon.com.

He is the author of the best-selling Depressive Illness: The Curse of the Strong (Sheldon, Third Edition 2012), Stress-related Illness (Sheldon, 2007) and Dying for a Drink, (Sheldon, 2011).

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