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*“Borchard’s gift and distinction is her humor, the golden rope out of the pit of despair and a tool for transforming hysteria into hysterical laughter...the author’s desire to help is boundless. This self-help memoir offers hope, particularly for those with intractable depression. Even better, it offers levity.”* —Publishers Weekly

**New Book by “Beyond Blue” Blogger Therese Borchard Is Survival Guide for Depression  
23 medication combinations, 7 psychiatrists, 2 psych ward hospitalizations:  
How One Woman Came Back from the Brink**

Therese Borchard is a writer, syndicated columnist, and popular blogger whose “Beyond Blue” is one of the highest-trafficked blogs on Beliefnet.com, averaging 750,000 page views a month. She’s also a manic-depressive with a host of other issues. She knows more than most people about depression, bipolar disorder, OCD, anxiety, addiction, and other illnesses, all from personal experience as well as from her extensive research. Her new book ***Beyond Blue: Surviving Depression and Anxiety and Making the Most of Bad Genes*** (Center Street, January 6, 2010, \$21.99) offers invaluable practical advice, support, encouragement, and humor to both those living with severe mood disorders and to those with fleeting anxiety or sadness.

Depression is expected to be the second most debilitating disease worldwide by 2020, surpassed only by heart disease. The National Institute of Mental Health estimates that about one in four American adults suffers from a diagnosable mental disorder in a given year. Borchard wants to help end the stigma around mental illness, and reassure those struggling with it that they are not alone. In *Beyond Blue*, she emphasizes three important points:

- Depression is an organic brain disorder and should be counted as a legitimate disease.
- The “Black Hole of Bile” isn’t a permanent place. “There is hope,” she says. “This book is about that light.”
- The person underneath the illness never goes away, but is waiting for proper treatment in order to surface again.

A successful author and married mother of two who looks “normal” to most eyes, Borchard says no one would suspect that she was twice-committed to a psych ward, suicidal for close to two years, crying in front of her kids every day, and considered electroconvulsive therapy after the first 22 medication combinations failed. “Depression is a yawning pit with no exit, rope or ladder in sight, which is why it’s so terrifying,” Borchard says. “I woke up in that bleak place in the middle of the night, and every dawn, month after month.”

In this combination memoir/survival guide, Borchard tells about the early seeds of her depression and her futile attempts at “taming the beast.” She writes frankly about her experience with doctors and with alternative therapies, including a doctor she calls “Pharma King” under whose care she was taking 16 pills a day.

“What did you do to get better?” is the question Borchard hears most often. She describes the techniques she’s used in her recovery, including her personally designed 12-step mental health program. Among the steps are finding the right doctor and the right meds; eating a healthy diet rich in Omega-3s, getting enough sleep and exercise; reaching out to others; implementing cognitive-behavioral techniques, and “faking it ‘til you make it.”

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She also addresses topics such as striving for a healthy marriage, caring for her kids when she feels incapable of caring for herself, and maintaining good friendships and tossing out toxic ones.

Each chapter offers her "Sanity Break" tips such as "9 Ways to Stop Obsessing"; "11 Ways to Know You're an Addict"; "4 Steps to Better Boundaries"; "30 Ways Motherhood Is Like Mental Illness" and "On Marrying a Head Case" and more.

"I continue to invest more time and energy into my mental health than any other aspect of my life—career, motherhood, marriage—because without a stable mind and body, I risk losing all of them," she writes.

Borchard joins a line of "missionaries of truth"—those who have spoken openly about their struggles, from Abraham Lincoln to Kay Redfield Jamison. Her mission: "to continue the chain of support, writing and speaking on behalf of those impaired by bad brain chemistry, trying my best to strip mental illness of its unfair stigmas."

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*Beyond Blue: Surviving Depression and Anxiety and Making the Most of Bad Genes*

by Therese J. Borchard

Center Street

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### About Therese Borchard

Therese Borchard writes the hit daily blog "Beyond Blue" at Beliefnet.com. A regular contributor to The Huffington Post and PsychCentral, she has been featured on Yahoo!, The Wall Street Journal, USA Today, L.A. Times, Everyday Health, Health.com, and a variety of other websites and blogs. Borchard also moderates a vibrant online depression support group of over 1,700 members that was recently voted Beliefnet's Top Support Group.

She was one of a few mental health bloggers recently invited to assist Glenn Close in her new initiative to combat the stigma around mental illness, BringChange2Mind.com.

She is the editor of *The Imperfect Mom: Candid Confessions of Mothers Living in the Real World* and of *I Love Being a Mom: Treasured Stories, Memories, and Milestones*. With Michael Leach, she is co-editor of *A Celebration of a Married Life* and the national bestseller *I Like Being Catholic*.

Borchard appears monthly on XM/Sirius Satellite Radio, is featured regularly on radio programs throughout the country, and has been a repeat guest on national television programs, such as "Fox and Friends" (Fox News Channel) and "Politically Incorrect with Bill Maher" (ABC). She lives with her husband, Eric, and their two "spirited" children in Annapolis, Maryland.

For more information, visit Therese's website at [www.thereseborchard.com](http://www.thereseborchard.com)