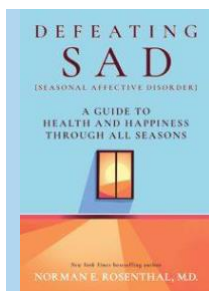


Discussion Guide



Defeating SAD (Seasonal Affective Disorder) Norman Rosenthal MD

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Winter Self Care

Summary

In his landmark new book, *Defeating SAD*, Rosenthal, who first described Seasonal Affective Disorder (SAD) and is the foremost authority on the subject, offers an up-to-date guide to overcoming the miseries that millions experience with the changing seasons. In his lively style, Rosenthal offers advice on how to identify, treat and overcome both winter and summer varieties of seasonal affective disorder, as well as the less severe yet bothersome winter blues.

Questions

1. The book's author, Dr. Rosenthal, is one of the original scientists at the U.S. National Institute of Mental Health who first described seasonal affective disorder (SAD). Do you feel that Dr. Rosenthal describes SAD in an understandable way in this book?
2. Have you found that your energy and mood shift with the seasons? If so, what do you see as some of the advantages to these changes?
3. How does stress in your life affect the way you respond to seasonal changes? What suggestions does the author offer to manage stress?
4. Do you have a "favorite" season? If so, what are some aspects of your preferred time that you could incorporate throughout the year? That could include, for example, time spent outdoors, time with friends and family, special meals, or crafts.
5. If you have experienced SAD, have you found ways to cope with it? What strategies have worked for you? What are you interested in trying after reading this book?
6. Do you feel that modern life for many people is responsive to the seasons, where our routines and activities change throughout the year? Why or why not, and do think we should be more attuned to the seasons?