Rumination (recyclic negative thinking), is now recognised as important in the development, maintenance and relapse of recurrence of depression. For instance, rumination has been found to elevate, perpetuate and exacerbate depressed mood, predict future episodes of depression, and delay recovery during cognitive therapy.

Cognitive therapy is one of the most effective treatments for depression. However, depressive relapse and recurrence following cognitive therapy continue to be a significant problem. An understanding of the psychological processes which contribute to relapse and recurrence may guide the development of more effective interventions.

This is a major contribution to the study and treatment of depression which reviews a large body of research on rumination and cognitive processes, in depression and related disorders, with a focus on the implications of this knowledge for treatment and clinical management of these disorders.

* First book on rumination in depressive and emotional disorders
* Contributors are the leaders in the field
* First editor is a rising researcher and clinician with specialist interest in depression, and second editor is world renowned for his work on cognitive therapy of emotional disorders

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**ABOUT THE AUTHOR**

Costas Papageorgiou is Senior Lecturer at Lancaster University and was Deputy Director of the Specialist Service for Affective (Mood) Disorders in Manchester. He obtained a BSc from the University of Buckingham and an MA and a Doctorate in Clinical Psychology from the University of Liverpool. Dr. Papageorgiou has expertise in the assessment and treatment of depression. He has been extensively involved in investigating rumination and depression and has co-authored the first empirical studies examining the link between rumination, depression, and metacognition.

Adrian Wells is Reader in Clinical Psychology at the University of Manchester and Professor at the Norwegian University of Science and Technology, Trondheim. He is recognized for his contribution to the development of cognitive theory and therapy of emotional disorders. He has published widely in peer-review journals and has authored/co-authored several ground-breaking books in the field.

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