

The Depression Helpbook - , Evette Ludman

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Recognizing that all depression is different?from how severe it is and what the symptoms are to how long it lasts?this book explains what causes depression, how to recognize depression, and how to make decisions about treatment. Integrating pharmacologic and psychotherapeutic approaches, it emphasizes self-care strategies that help sufferers of depression develop confidence in their ability to manage depression on a daily basis and achieve balance in their mood and everyday life, reducing the chance of recurrence. Featuring real people's advice on managing depression using simple techniques, this new edition includes updated information on medications for depression and expanded chapters on exercise and relaxation techniques.Words: depression symptoms, for depression, treatment depressionAuthor: Katon, Wayne Author: Ludman, Evette Author: Simon, Gregory Publisher: Bull Publishing Illustration: N Language: ENG Title: The Depression Helpbook Pages: 00000 (Encrypted PDF) On Sale: 2008-10-09 SKU-13/ISBN: 9781933503158 Category: Self-Help : Depression

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