



## Understanding and Overcoming Depression: A Common Sense Approach

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By Tony Bates

Potter/TenSpeed/Harmony, United Kingdom, 2001. Paperback. Book Condition: New. 201 x 137 mm. Language: English . Brand New Book. Depression is more common than we want to believe. Bates s heartwarming message is that clear and compassionate thinking helps build self-esteem and gives us back a trust in ourselves that gets lost when we become depressed. UNDERSTANDING AND OVERCOMING DEPRESSION is a useful tool that helps sufferers and their families understand and cope with depression. Included are strategies for: Removing obstacles to recovery. Doing one thing at a time. Changing your self-image. Living with a depressed person.



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