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# BEATING THE BLUES: A COMPLETE GUIDE TO OVERCOMING DEPRESSION



Random House Publishers (India) Pvt. Ltd., Noida, India, 2012. Soft cover. Book Condition: New. You might be depressed and don t know it yet. According to a WHO study, a mindboggling 35.9 percent of India suffers from Major Depressive Episodes (MDE). Yet depression remains a much evaded topic, quietly brushed under the carpet by most of us. In Beating the Blues, India s leading clinical psychologist, psychotherapist, and trauma researcher Seema Hingorrany provides a comprehensive, step-by-step guide to treating depression,...

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- · Authored by Seema Hingorrany
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