



The Depression Helpbook

By Wayne Katon, Evette Ludman, Gregory E. Simon

Bull Publishing Company. Paperback. Book Condition: new. BRAND NEW, The Depression Helpbook, Wayne Katon, Evette Ludman, Gregory E. Simon, Recognising 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 recognise depression, and how to make decisions about treatment. Integrating pharmacologic and psychotherapeutic approaches, it emphasises 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.



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