



Beating the Blues: A Complete Guide to Overcoming Depression

By Seema Hingorrany

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, examining what the term really means, its signs, causes, and symptoms. Page Extent: 224.

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