COPING WITH DEPRESSION

Nineteen million Americans suffer from depression each yearlt can strike anyone, and being a Christian does not exempt you. But help is here. Understanding the ABCs of emotional life-Affect, Behavior, and Cognition-can shed light on the causes of depression. In this revised and updated edition of Coping with Depression, the authors look carefully at the ABCs, showing how your thoughts affect the way you...



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Coping with Depression

Author	Siang-Yang Tan
Original Book Format	Paperback
Number of Pages	142 pages
Filetype	PDF / ePUB / Mobi (Kindle)
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Reader's Opinions

Eh.....John Townsend co-author was expecting more

Ugh... books that talk about various kinds and degrees of depression and emphasize that depression is Srs Bznz and distinct from just an occasional low mood -- and then go on to outline various cognitive and behavioral strategies that seem really aimed at people who are experiencing only mild depression. (They do say that if you're...