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Depression: A Guide for the Newly Diagnosed

By Lee H. Coleman PhD Abpp

New Harbinger Publications. Paperback. Book Condition: New. Paperback. 184 pages. Dimensions: 6.9in. x 5.0in. x 0.5in. Depression is the most common mental health condition in the United States. In fact, up to one in five women and one in ten men will experience it in their lifetimes. Because its so prevalent, its sometimes called the common cold of psychiatric illnesses. Of course, this flip attitude is completely misguided. If you suffer from depression, then you know how debilitating it is, and how it can drastically affect your day-to-day life. If youve recently been diagnosed with depression, you probably have a few questions about the road to recovery that lies ahead. You might wonder what the best treatments are for your symptoms, how to tell if youre making progress, and who, if anyone, you should tell about your diagnosis. In Depression: A Guide for the Newly Diagnosed, youll find which treatments are right for you and learn what you can expect from the recovery process. You will discover simple changes to your sleep and nutrition habits that can really make a difference and learn how to monitor your progress as you start feeling better so you can adjust treatment as needed. With...



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