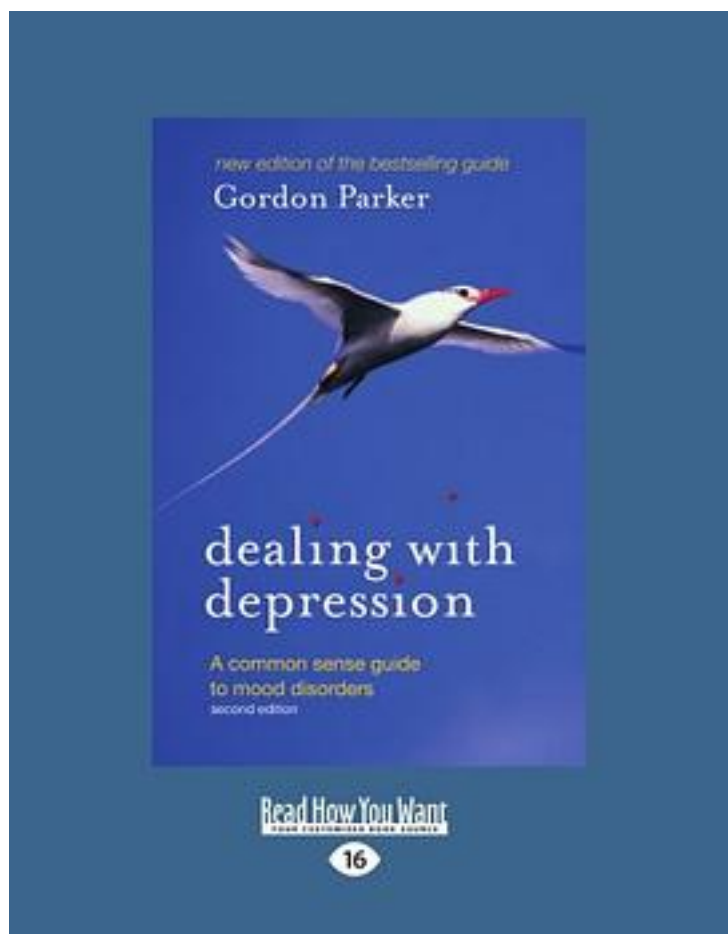


Dealing with Depression



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This unique book, written by one of the world's leading authorities on depression, focuses on a way of thinking about the complexity and diversity of the mood disorders that is both easy to understand and rings' true. Well-written and thought provoking, it

is essential reading for all whose lives are affected by depression.' - Michael Thase, Professor of Psychiatry, University of Pittsburgh 'Everyone with an interest in depression care should read this unique, sensible and innovative approach developed for many years of experience working with depressed people. It is essential reading for sufferers, their carers and professionals.' - Professor Andre Tylee, Institute of Psychiatry, London Most of us get 'the blues' at some point in our lives, and some people find that they just can't shake them. How can you tell when you or someone you know is suffering from depression that needs clinical treatment? How can you find the best treatment for your depression? Dealing with Depression is a brief, user-friendly guide to depression and mood disorders for sufferers, their families, and health professionals who care for them. Professor Parker explains that contrary to popular belief, there are many different types of depression, each benefiting from differing treatments. Since it was first published, Dealing with Depression has been widely used by both general readers and health professionals. This second edition contains new information on bipolar disorders and the influence of personality styles on non-melancholic disorders. It has been updated throughout to reflect recent research.

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