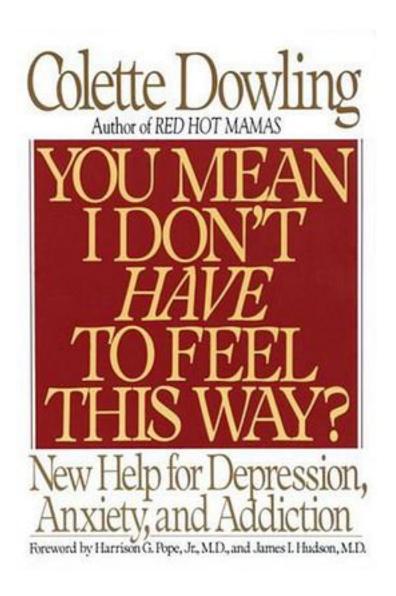
You Mean I Don't Have to Feel?



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著者:Dowling, Colette

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"A down-to-earth, hopeful, useful--and, from the point of view of this 'recovered'depressive--accurate account of how to treatdepression."--Mike Wallace, 60Minutes.

Colette Dowling watched depressiondestroy her husband's life and leap to the nextgeneration to nearly destroy her daughter's--untildramatic help was found. Now her ground-breaking bookoffer the same lifesaving help to the millions whostill suffer depression and relateddisorders--which include panic, anxiety, phobias, PMS, alcoholand drug abuse, bulimia, migraine, and obesity. You Mean I Don't Have To Feel This Way? documents the latest research that linksdepression and related disorders to a physical cause andshows why willpower, understanding, and psychotherapy so often fail to work. It explains the state-of-the-art medical treatments that can bring aboutdramatic improvement--and often full recovery--withinweeks. This important book includes: startling newlinks between eating disorders, addiction, and depression. How to recognize the symptoms of depression and anxiety disorders. Vital information aboutnew treatments for depressed children and adolescents. A guide to breakthrough drugs for treatingmood, anxiety, and eating disorders. The newestresearch on the use of antidepressants to preventsubstance-abuse relapse. How to find expert help and evaluate the treatment you are given. Upbeat, filled with hope and warmth, Colette Dowling's bookwill change minds and save lives.

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