

Beating Depression

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"This is an easy to read, up-to-date book full of useful information from three of our country's most respected researchers/practitioners in the area of depression. It carries a powerful message of hope for those who suffer with depression and for their families and friends."

—Rosalynn Carter

BEATING DEPRESSION THE JOURNEY TO HOPE



DISCOVER THE LATEST TREATMENT OPTIONS
+
LEARN SIMPLE, PRACTICAL COPING SKILLS
+
GET BACK THE LIFE YOU WANT TO LEAD

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目录:

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