

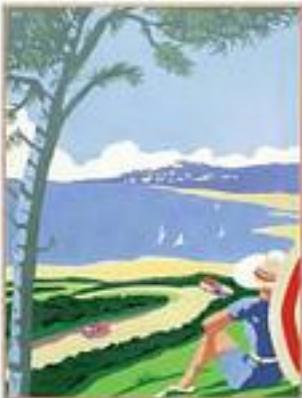
Beating Depression

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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/institutions 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

Maya Jackson-Trickle, M.D., M.S.H.S., Kenneth B. Wells, M.D., M.P.H.
Katherine Minium, M.P.H.

WILAYA HEALTH SERVICES RESEARCH CENTER

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Like the magazine, the book series will focus on: - The relationship between positive health behaviors and the prevention of illness and disease.- The interrelationship of mental, emotional, and physical health.- Interpersonal and effective conflict resolution skills; appreciation of diverse perspectives and individual needs.- The impact of family as a system.Grades 7-12 Health Education Standards- Explain the relationship between positive health behaviors and the prevention of injury/illness.- Describe interrelationship of mental, emotional, social, physical health during adolescence.- Describe how family and peers influence the health of adolescents.Grades 7-12 Consumer Science StandardsConsumer Science and Education- Analyze the impact of family as a system on individuals and society.- Demonstrate appreciation for diverse perspectives and needs of individuals and families.Interpersonal Relationships- Demonstrate respectful relationships in the family, workplace, and community.- Analyze functions and expectations of various types of relationships.- Evaluate effective conflict prevention and management techniques.- Demonstrate teamwork and leadership skills in the family, workplace, community.Character Development and Ethics- Describe appropriate character traits, social skills needed for home, school, community.- Describe how personal ethics influence decision-making.

作者介绍:

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