

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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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:

目录:

[Beating Depression_ 下载链接1](#)

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