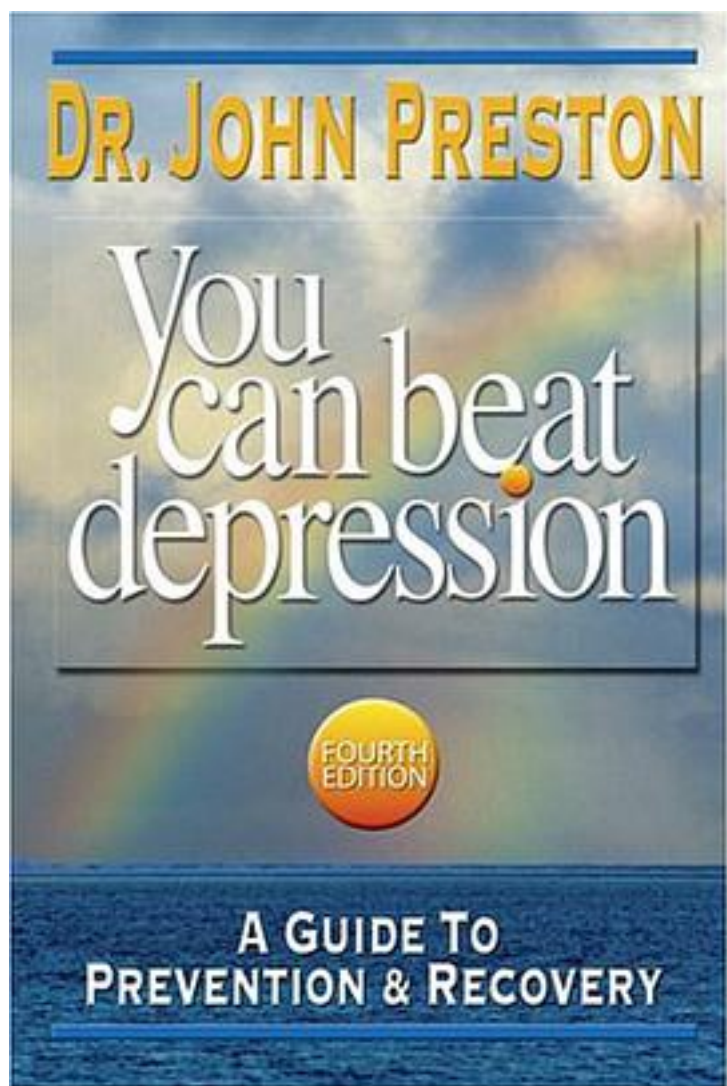


You Can Beat Depression



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Here's an all-new, revised and updated edition of the most readable book on depression. Folks who are feeling really depressed often don't feel much like reading, but *You Can Beat Depression* is a very reader-friendly self-help guide. This important resource has been recognized by the National Institute of Mental Health D/ART program and the National Mental Health Association. Readers will find all-new information on bipolar disorder diagnosis and treatment, along with helpful material on prevention of depression, prevention of relapse after treatment, brief therapy interventions, exercise and other non-medical approaches, the Prozac controversy, and much more. Includes an up-to-date consumer guide to medications. An invaluable self-assessment device, carefully guiding readers to figure out when and how they can help themselves, when they need to seek professional treatment, and what to expect along the way. The American Library Association Booklist calls this "an excellent self-help guide... which] could help anyone beat the blues quickly and effectively."

作者介绍:

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