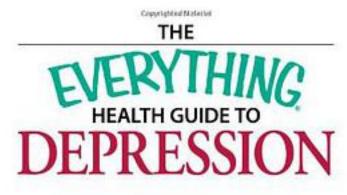
The "Everything" Health Guide to Depression





Reassuring advice to help you feel like yourself again

Karen K. Brees, Ph.D. Technical Review by Linda L. Simmons, Psy.D. Copyrighted Material

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出版者:

出版时间:2008-4

装帧:

isbn:9781598694079

"The Everything Health Guide to Depression" offers information on recognising symptoms, the causes and predictors of depression, risk factors and treatment as well as how it relates to other mental illnesses. This accessible handbook helps people who suspect they may be suffering from depression, with physician and
suspect they may be suffering from depression, with physician and psychologist-approved information on: intervention and therapy; risk factors of suicide and help centres; in-patient treatment and self-help strategies; depression and your relationships; parenting through depression; coping methods such as emotional resiliency; and what happens when depression is over. "The Everything Health Guide to Depression" also provides additional resources and depression questionnaires, providing readers with the knowledge to regain control of their lives and start feeling better.
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