

The "Everything" Health Guide to Depression

Copyrighted Material

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

[The "Everything" Health Guide to Depression_下载链接1](#)

著者:Brees, Karen K., Ph.D.

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 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.

作者介绍:

目录:

[The "Everything" Health Guide to Depression_ 下载链接1](#)

标签

评论

[The "Everything" Health Guide to Depression_ 下载链接1](#)

书评

[The "Everything" Health Guide to Depression_ 下载链接1](#)