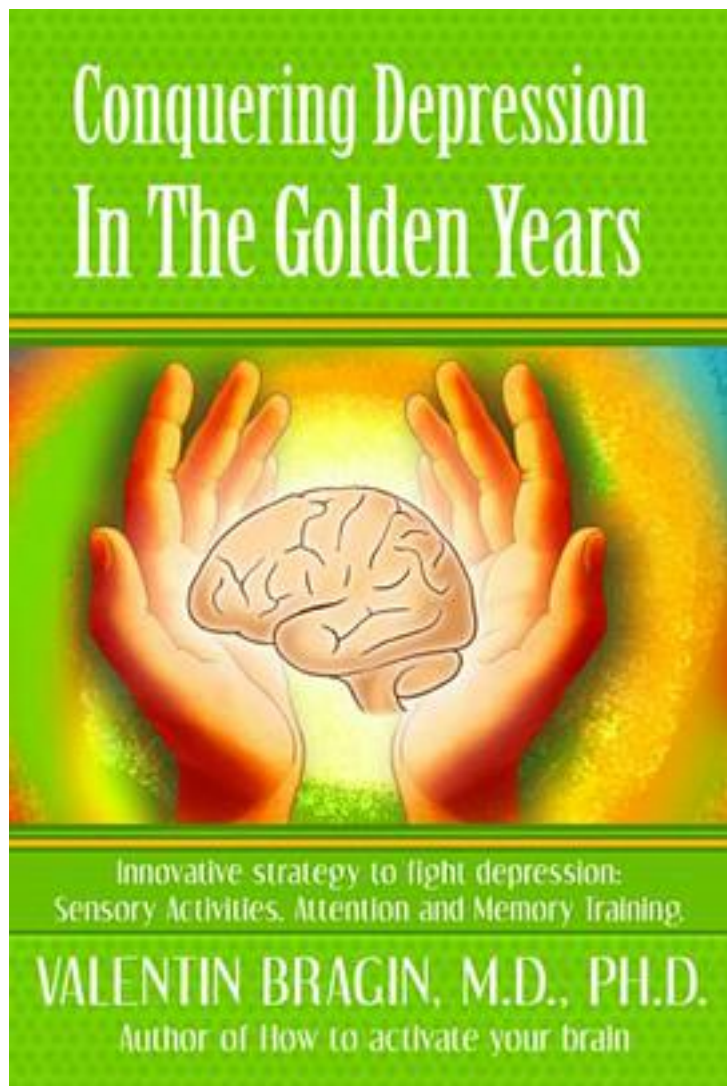


Conquering Depression in the Golden Years



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When left untreated, depression becomes a deadly disease. It damages the functioning of every organ and shortens lives. But there is hope. Based on science and years of clinical testing, Dr. Valentin Bragin provides a proven program for geriatric patients to recover from depression. With "Conquering Depression in the Golden Years," elderly patients, their families and caretakers will learn to: -Recognize depression - the "whole body" disease -Activate the senses -Improve concentration and attention -Boost memory -Lift mood -Trigger better health and well being This life-altering book describes what works and explains why it works, in a recovery program that has already helped countless elderly patients suffering from depression.

作者介绍:

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