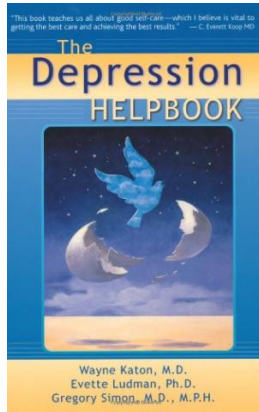


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## THE DEPRESSION HELPBOOK



Bull Publishing Company. Paperback. Book Condition: new. BRAND NEW, The Depression Helpbook, Wayne Katon, Evette Ludman, Gregory E. Simon, Recognising that all depression is different -- from how severe it is and what the symptoms are to how long it lasts -- this book explains what causes depression, how to recognise depression, and how to make decisions about treatment. Integrating pharmacologic and psychotherapeutic approaches, it emphasises self-care strategies that help sufferers of depression develop confidence in their ability to manage...

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- Authored by Wayne Katon, Evette Ludman, Gregory E. Simon
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