



Understanding Depression: What We Know and What You Can Do About It

J. Raymond DePaulo Jr., Leslie Alan Horvitz

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From a leading medical expert at Johns Hopkins, here is an up-to-the-minute, definitive guide to what is known about depression and how it can be treated. Around ten percent of North Americans suffer from depression at some point - and more than half haven't even sought help. Now, Dr. Raymond DePaulo, one of the world's foremost authorities on depression, provides a sensitive, thorough, and reassuring book for sufferers from depression and those who care about them. This practical guide for individuals with depression and their families - the only totally comprehensive book in the market - shows readers how to identify the problem, then directs them to the various forms of treatment, including medications, psychotherapy, support groups, and exercise. It is one of the few books to discuss in depth manic depression, the bipolar form of depression. Dr. DePaulo discusses both mainstream (the latest medications and talk therapies) and alternative paths and reveals the truth about the dangerous fallacies that abound about depression. Comprehensive, compassionate, and grounded in the very latest research into brain chemistry, psychology, and medications, this is a definitive, landmark roadmap to one of the most devastating - and common - mental illnesses.

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Sarah Farmer:

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Clarence McKeever:

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Michael Vogel:

In this particular era which is the greater man or woman or who has ability in doing something more are more special than other. Do you want to become one among it? It is just simple solution to have that. What you must do is just spending your time not very much but quite enough to have a look at some books. On the list of books in the top checklist in your reading list is usually Understanding Depression: What We Know and What You Can Do About It. This book and that is qualified as The Hungry Inclines can get you closer in turning out to be precious person. By looking right up and review this publication you can get many advantages.

Sharon Wilson:

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