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Titolo	Beating the blues [[electronic resource] ] : new approaches to overcoming dysthymia and chronic mild depression // Michael E. Thase and Susan S. Lang
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Altri autori (Persone)	LangSusan S
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Nota di bibliografia	Includes bibliographical references (p. 175-184) and index.
Nota di contenuto	Contents; Preface; Acknowledgments; PART ONE: UNDERSTANDING DYSTHYMIA AND ITS Milder FORMS; PART TWO: HOW TO FEEL BETTER; PART THREE: SPECIAL CONCERNS OF VARIOUS POPULATIONS; CONCLUSION: Putting It All Together; APPENDIX 1. Daily Symptom Log; APPENDIX 2. Most Commonly Used Antidepressants for Dysthymia; APPENDIX 3. Resources (Organizations, Web Sites, Discussion Groups, etc.); REFERENCES; INDEX
Sommario/riassunto	A resource for the many people plagued by persistent mild depression. This book is designed to offer information on dysthymia, and outline measures individuals can take in order to reclaim a positive outlook on life. This guide is useful for those who might otherwise have resigned themselves to a lifetime of apathy, lethargy, and pessimism.