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Descrizione fisica	1 online resource (403 p.)
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Altri autori (Persone)	ElliotCharles H SmithLaura L
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Nota di contenuto	pt. 1. Discovering depression and designing defences -- pt. 2. Seeing things more clearly : cognitive therapy -- pt. 3. Actively combating depression : behaviour therapy -- pt. 4. Adjusting to changing relationships -- pt. 5. Full bodied assault : biological therapies to fight the physical foe -- pt. 6. Life after depression -- pt. 7. The part of tens.
Sommario/riassunto	Up to 1 in 5 people in the UK suffer from diagnosable depression (bbc.co.uk) - that's approximately 12 million people. Depression takes multiple forms, including seasonal affective disorder, bipolar disorder, and postnatal depression. Research by the BBC claims that up to 75% of sufferers are not receiving any form of professional medication or therapy, which strongly suggests that self-help is often a preferred course of action. Overcoming Depression For Dummies outlines practical methods for recognising and managing the symptoms of depression for those readers who might be too scare

