

1. Record Nr.	UNINA9910783353203321
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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
Pubbl/distr/stampa	New York, : Oxford University Press, 2004
ISBN	0-19-770571-5 1-280-50295-9 0-19-518477-7 0-19-803609-4 1-60256-746-8
Descrizione fisica	1 online resource (207 p.)
Altri autori (Persone)	LangSusan S
Disciplina	616.85/27
Soggetti	Depression, Mental Affective disorders Mood (Psychology)
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references (p. 175-184) and index.
Nota di contenuto	Contents; Preface; Acknowledgments; PART ONE: UNDERSTANDING DYSTHYMIA AND ITS MILD 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.