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Nota di contenuto	Contents; Preface; Introduction; PART I: SYMPTOMS, DIAGNOSIS, AND TREATMENT; 1. Mood; Mood: What Is It?; The Chemistry of Mood; An Early Breakthrough in Brain Science; Mood Disorders; What Is the Biology of Depression?; 2. Depression; The Symptoms of Major Depression; "Normal" Depression?; The Classification of Depression; 3. Treatment; Medications; Electroconvulsive Therapy; Other Brain Stimulation Techniques; Complicated Depression; Tests for Mood Disorders; 4. Bipolar Disorder; What Is Bipolar Disorder?; The Hypomanic Syndrome; Another Duality; "Mood Swings" and Cyclothymia Is There a Spectrum of Mood Disorders?The Chemistry of Bipolar Disorder; The Treatment of Bipolar Disorder; Length of Treatment in Bipolar Disorders; Treating "Soft" Bipolar Disorders; PART II: VARIATIONS, CAUSES, AND CONNECTIONS; 5. Variations of the Mood Disorders; Major Depression in the Elderly; Mood Disorders in Children and Adolescents; Mood Disorders in Women; Depression and Stroke; Depression and Pain; Seasonal Affective Disorder; Schizoaffective Disorder; Panic Attacks and Mood Disorders; 6. Causal Factors and Associations; The Heredity of Mood Disorders Alcohol and Drug Abuse and Mood DisordersMedical Causes of Mood Disorders; Sleep and Depression; PART III: GETTING BETTER; 7. Advice for Patients with Mood Disorders and Their Families; Who Can Help? The Mental Health Professionals; Living with a Mood Disorder; Community Support and National Organizations; The Family; How to Help with Depression; 8. Summing Up and Looking Ahead; Further Reading; Support and Advocacy Organizations; Index; A; B; C; D; E; F;

G; H; I; K; L; M; N; O; P; Q; R; S; T; V; W; X; Z

Sommario/riassunto

Full of information compassionately presented, this guide provides hope and help to patients and their families.