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Nota di contenuto	Recovery from Depression Using the Narrative Approach; A Guide for Doctors, Complementary Therapists and Mental Health Professionals; Contents; Acknowledgements; Preface: About this Book; 1 Introduction; 2 Life Prior to a Diagnosis; 3 The Experience of Depression; 4 Recovering from Depression; 5 Medical Tools; 6 Non-Medical Recovery Tools; 7 Health Professionals as Recovery Allies; 8 Talking Therapies; 9 Summing It Up; Appendix Participant Biographical Details; References; Recommended Reading; Subject Index; Author Index
Sommario/riassunto	The book explores people's experiences of depression, recovery and available treatments. Ridge explains how, by selecting a variety of 'narrative tools', such as talking therapies, people can take control of their condition. By choosing more helpful narratives, they can gain a greater insight into depression, self-management and long-term recovery.