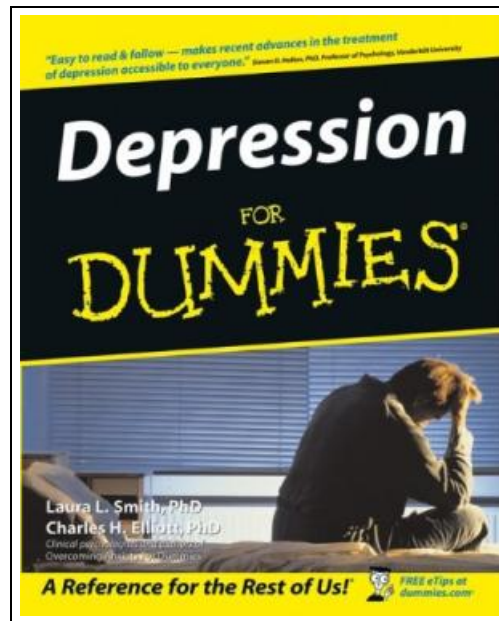


Depression for Dummies (Paperback)



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Reviews

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(Mabel Corwin)

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John Wiley Sons Inc, United States, 2003. Paperback. Condition: New. 1. Auflage. Language: English . Brand New Book. What do you have to be depressed about? Bet you ve heard that one before. Or how about, You re depressed? Just get over it! Easier said than done, right? Or here s a favorite, They have a pill for that now, you know. Unfortunately, such naive armchair psychology rarely works for someone suffering from the very real plight of depression. All it does is seek to trivialize depression and characterize depressed people as whiners who have nothing better to do than to complain about their lives. But the truth is, depression is a very real problem. In fact, the World Health Organization estimates that, on any given day, 121 million people worldwide suffer from depression. And depression rates continue to increase - for example, kids exhibit depression at nearly ten times the rate of previous generations. Theories abound as to why depression rates are increasing, but regardless of the cause, this scourge continues to rob its victims of happiness, joy, and the capacity to give and receive love. So why Depression For Dummies , when there s already a glut of self-help books on the market peddling so-called cures and remedies for depression? Because this book satisfies the need for a straight-talking, no-nonsense resource on depression. The only agenda of Depression For Dummies is to present you with the facts on depression and explain the options for dealing with it. Rest assured, this is no infomercial in a yellow and black cover. Here s just a sampling of what you ll find in Depression For Dummies : demystifying the types of depression; discovering what goes on in the body of a depressed person; detecting and diagnosing depression; seeking help through therapy...



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