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Depression: A Guide for the Newly Diagnosed

By Lee H. Coleman PhD Abpp

New Harbinger Publications. Paperback. Book Condition: New. Paperback. 184 pages. Dimensions: 6.9in. x 5.0in. x 0.5in. Depression is the most common mental health condition in the United States. In fact, up to one in five women and one in ten men will experience it in their lifetimes. Because it's so prevalent, it's sometimes called the common cold of psychiatric illnesses. Of course, this flip attitude is completely misguided. If you suffer from depression, then you know how debilitating it is, and how it can drastically affect your day-to-day life. If you've recently been diagnosed with depression, you probably have a few questions about the road to recovery that lies ahead. You might wonder what the best treatments are for your symptoms, how to tell if you're making progress, and who, if anyone, you should tell about your diagnosis. In *Depression: A Guide for the Newly Diagnosed*, you'll find which treatments are right for you and learn what you can expect from the recovery process. You will discover simple changes to your sleep and nutrition habits that can really make a difference and learn how to monitor your progress as you start feeling better so you can adjust treatment as needed. With...


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Extensive guideline! It's this sort of excellent read. It had been written quite properly and helpful. You can expect to like just how the writer create this book.

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This book will never be straightforward to start on reading through but quite enjoyable to learn. Better than never, though I am quite late in start reading this one. Your lifestyle span will probably be convert once you complete reading this publication.

-- **Dr. Kadin Hane DVM**