



Depression: The Essential Guide

By Glenys O'Connell

Need2Know. Paperback. Book Condition: new. BRAND NEW, Depression: The Essential Guide, Glenys O'Connell, If you are depressed, you're not alone. As many as one in five people are suffering along with you at any one time. Depression is an equal opportunity illness, affecting all ages and social groups. One of the most effective ways to recover from depression is to learn to take control of the illness. Knowledge is power knowing just what you are faced with will help you and your family to cope with the experience. This book is aimed at dispelling the myths and stigma surrounding depression as a 'mental illness' and explains what depression is, what drug and therapy treatments can do and how you can help yourself. Knowledge is a way to alleviate the effects of depression. The information in this book will help you take the first step towards coping effectively, whether it is for yourself or for someone you care about.



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