



Adolescent Depression: Outside/In (Paperback)

By Kathleen Keena

iUniverse, United States, 2005. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Adolescent Depression: Outside/In is an innovative book for adolescents, parents, and clinical professionals. Keena, a licensed addictions and mental health counselor, takes her readers inside the depressed adolescent's imagination, and insecurities. Using a combination of narrative, poetry, and prose, Ms. Keena has taken her personal experiences with depression and has woven a masterful work. Through her own experiences, Ms. Keena has shown a way to understand the sense of lost helplessness of depressed adolescents. She then shows us the path towards hope and recovery. This book will help adolescents, parents, and clinicians understand the difficulties and challenges that can arise as the treatable illness of depression begins to emerge in adolescence. Samuel M. Silverman, MD Fellow of the American Psychiatric Association.

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