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Depression, Good Bye!: How to Become Happy, Free and Wonderful Without Depression (Paperback)

By Ann Whitley

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Depression is one of the most commonly diagnosed mental health issues facing our society today. If left untreated, depression can have serious and long-term consequences that can affect every aspect of your life. Fortunately, depression is treatable. With this new handbook for treatment of depression, you can get help and turn your life around today. By following your treatment plan, you can prevent complications from suffering of depression. This book provides real, proven-effective solutions using techniques based on established and proven CBT. Expert clinician Ann Whitley gives you the very basic steps and tools needed for you to take control over your life again. It is written in a user-friendly, step-by-step approach and explains why you worry, and how to recognise what feeds your worry and how to develop effective methods of dealing with it. You will be provided with questions, exercises and tasks to help you understand and ultimately challenge your depression. This must-have book contains chapters with subjects like: - Basic knowledge of mental health and depression - Typical symptoms of depression. - Typical behaviors when suffering from depression. -...



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