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Defeating Depression: Recognizing Its Many Faces (Paperback)

By Jr Edisn W Houpt

iUniverse, United States, 2010. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.In Defeating Depression, a seasoned psychiatrist provides insight into the whos, whats, and whys of depression and shares knowledge about contemporary diagnosis and treatment of the common types of depression—all while raising awareness about the prevalence of depression in modern society. Millions of Americans are walking around depressed and have no idea why they feel bad or what to do about it. Through case studies, psychiatric commentary, and detailed information on symptoms and available treatments, Dr. Houpt offers a comprehensive study into the most common psychiatric problem diagnosed in Americans each year. Others will learn how to: Identify the risk factors for depression Recognize the signs, symptoms, and different types of depression Treat depression through natural treatments, therapy, and medication Know when normal grief has turned into prolonged depression Depression has many faces and does not discriminate. Defeating Depression sheds light on a perplexing disorder and provides hope to those who suffer from depression that one day they too will rise above the darkness and into the light once again.



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