



Depression Answer Book: Professional Answers to More than 275 Critical Questions About Medication, Therapy, Support, and More

Wes Burgess

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Depression affects 14.8 million American adults every year.

How do I know if my sadness is actually depression? What conditions often coexist with depression? How can I help a family member or friend who is depressed?

Depression is not merely a bad day or a blue mood—it's a serious disorder that affects people both mentally and physically, and can become debilitating and even fatal if not recognized and properly treated. If you suspect that you or a loved one might be suffering from depression, or if you've recently been diagnosed, **The Depression Answer Book** can answer all the questions you have about how to get back to yourself.

Written by an experienced psychiatrist, **The Depression Answer Book** covers such pressing topics as:

- How many types of depression are there?
- Couldn't everyone be diagnosed with depression at one time or another?
- What should I do in a crisis?
- What can I do on my own to help my depression?
- Do I really need therapy and medication?
- How do I know a medication is working?

At a time when individuals are overwhelmed with confusing and often conflicting information and emotions, **The Depression Answer Book** explains confusing medical lingo and provides straightforward answers to pressing questions.

An important new addition to Sourcebooks' Answer Book series, The Depression Answer Book is a must-have shelf reference written in our easy-to-read question-and-answer format.

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Bernice Martinez:

This book untitled Depression Answer Book: Professional Answers to More than 275 Critical Questions About Medication, Therapy, Support, and More to be one of several books this best seller in this year, that's because when you read this book you can get a lot of benefit upon it. You will easily to buy this kind of book in the book shop or you can order it through online. The publisher of the book sells the e-book too. It makes you quickly to read this book, because you can read this book in your Smart phone. So there is no reason to your account to past this publication from your list.

Michelle Jarvis:

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Sean Jones:

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