

Catholic Guide To Depression

The Small Guide to Depression
Dealing with Depression
The American Medical Association
Essential Guide to Depression
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Understanding Depression : A Complete Guide to its Diagnosis and Treatment
The Complete Mental Health Directory
Beating Depression
National Library of Medicine
Audiovisuals Catalog
Depression – The CommonSense Approach
Foundations of Mental Health Care - E-Book
The Complete Guide to Overcoming Depression
The Official Rinker Price Guide to Collectibles
Severe Depression
Teens, Depression, and the Blues
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from new york times bestselling author and expert on neuroscience memory alzheimer s disease dementia anxiety and human behavior the small guide to depression provides a comprehensive overview of depression negative personality traits and anxiety along with the latest treatment solutions from conventional and alternative therapies to new scientific discoveries and interventions over 300 million people worldwide live with depression in 2014 around 15 7 million adults age 18 or older in the u s had experienced at least one major depressive episode in the last year this accessible guide starts with providing readers with an overview of depression what it is who gets it how to recognize it major causes genetics environment etc dr small discusses the various types of depression general therapeutic approaches used for all depression disorders how to know when it s time to seek professional help each of the chapters will cover a specific type of depression and open with a case study example small will describe causes symptoms conventional treatments e g medications psychotherapy alternative therapies e g exercise meditation yoga homeopathy novel therapies e g transmagnetic stimulation tms new scientific discoveries and interventions coming down the pike e g focused ultrasound in addition to case studies and patient interviews all chapters will include side bars with factoids lists and other helpful information

self help

in clear non technical language this guide explains the latest findings on depression the complex mood disorder that affects nearly 17 million americans each year illustrations throughout

recent studies have found that one woman in five and one man in ten will suffer from depression or manic depression sometime during the course of their lives this is a disturbing statistic but there is hope because more and more evidence has surfaced to indicate that many psychiatric disorders are biological diseases that can be successfully treated with medication most people however know little about these recent findings they don t know how to tell if the depression they are suffering from is biological or not nor what they can do to recover from it if it is in understanding depression eminent psychiatrists donald klein and paul wender offer a definitive guide to depressive illness its causes course and symptoms they clarify the difference between depression which is a normal emotion and biological depression which is an illness and include several self rating tests with which readers can determine whether or not they should seek psychiatric evaluation to determine if they have a biological depressive illness they describe the symptoms of biological depression among them loss of energy changes in eating habits sleep disturbances

decreased sex drive restlessness poor concentration and indecisiveness and increased use of intoxicants and drugs and they paint a clear picture of how depressive illness can affect people's lives using excerpts from patient histories to show the progress of each patient from the onset of depression to treatment and recovery the authors also discuss the different types of treatment available including antidepressant drugs electroconvulsive therapy and psychotherapy and they examine the benefits and side effects of psychopharmacological drugs including the new antidepressants lithium and the controversial prozac related disorders such as panic attacks atypical depression seasonal affective disorder and pms and how to get the right kind of help most victims of biological depression often fail to seek help whether out of guilt or ignorance and many are often misdiagnosed by physicians or psychotherapists who fail to recognize the symptoms of the illness understanding depression seeks to make the public both lay and medical aware of the issues of biological depression providing a highly informed and readable guide to this much misunderstood disease

provides comprehensive coverage of 27 specific mental health disorders from adjustment disorders to tic disorders including a separate section devoted to pediatric and adolescent issues as well as support systems and other resources

in depression the commonsense approach clinical psychologist dr tony bates approaches the whole area of depression with sympathy understanding and knowledge depression is far more common than we want to believe there are many forms of depression and varying degrees of severity but all are serious and debilitating for sufferers and their families dr bates explains depression outlines the common and not so common signs looks briefly at some of the theories that have been put forward to explain it and provides those affected with the necessary tools to help deal with it this is a practical and easily accessible book the prescriptive chapters will provide sufferers with the help they need to deal with self defeating behaviours and to change patterns of relating to others that keep them vulnerable to depression the key message is that clear and compassionate thinking helps build self esteem and gives us back a trust in ourselves that gets lost when we become depressed dr bates also address important issues that are frequently overlooked for partners and families who live with a depressed person the commonsense approach series is a series of self help guides that provide practical and sound ways to deal with many of life's common complaints each book in the series is written for the layperson and adopts a commonsense approach to the many questions surrounding a particular topic it explains what the complaint is how and why it occurs and what can be done about it it includes advice on helping ourselves and information on where to go for further help it encourages us to take responsibility for our own

health to be sensible and not always to rely on medical intervention for every ill
other titles in the series include depression the commonsense approach menopause
the commonsense approach and sleep the commonsense approach depression the
commonsense approach table of contents foreword by professor paul gilbert
introduction recognising depression what causes depression a major obstacle to
recovery hopelessness overcoming depression a recovery plan getting started it s
the thought that counts changing your self image putting it all together tom s story
living with a depressed person beyond depression staying well and dealing with
setbacksself help books a guided review useful addresses

increase your awareness and understanding of a holistic view of mental health care
with this book for nurses and other health care professionals each chapter covers a
specific psychological or psychosocial problem as well as the most current
interventions and treatments this edition features full color illustrations updated drug
information and a chapter on complementary and alternative therapies in addition to
more case studies to help you apply the content to real life this solid background in
mental health is just what you need to work comfortably with clients who exhibit
both effective and maladaptive behaviors multidisciplinary care plans for sample
clients show how members of the health care team work together client specific
case studies highlight particular mental disorders and help you apply chapter
content to real life situations think about boxes throughout the text strengthen your
critical thinking skills unique drug alert boxes highlight what you need to know about
a wide range of specific psychotherapeutic medications unique standard lpn full
color design and content threads point out key information and special features in
each chapter consistent with the format of other books in the lpn threads series
appendixes give you easy access to mental health care standards dsm iv tr
diagnoses and assessment tools that are essential for providing quality care free
workbook at the end of the book includes crossword puzzles multiple choice
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nursing content familiarizes you with the prevention and treatment of violence based
disorders and shows you how to obtain and document evidence for legal purposes
new antianxiety and antimanic drug information keeps you up to date on the latest
psychotropic medications

the bestselling self help guide overcoming depression has been combined with beating depression inspirational stories of hope and recovery to offer the reader an effective and appealing self help package these two titles not only set out practical techniques to overcome depression but offer inspiration to the reader to confront the challenges they may face on the road to recovery overcoming depression is based on cognitive behavioral therapy cbt an evidence based therapy recommended by the nhs it provides useful information about the disorder a step by step self help programme based on cbt beating depression contains real life stories written by those with first hand experience of depression including postnatal depression and bipolar disorder each story sheds light on the condition and offers powerful insights into what helps and most importantly inspiration to those trying to beat it

this fourth edition of the harry l rinker official price guide to collectibles has more coverage of collectibles than any other book on the market here you ll find furniture decorative accessories and giftware along with the traditional character and personality items ceramic glass and toys each category includes a brief history collecting tips reference books periodicals collector clubs and vital information on reproductions it s a complete document of the 20th century american lifestyle

discusses the causes symptoms and sometimes deadly effects of depression and provides information on where help is available for those suffering from this illness

using expert advice and the latest information this book provides people with the information they need to make an informed decision as to whether they need to seek further help chapters cover self help diagnosis types of depression treatments available and what you can do if you are caring for someone who is depressed an entire chapter also covers the facts about children and depression all the information is laid out in clear easy to read sections whether you are suffering from depression yourself or are worried about a friend or loved one this guide offers the essential information needed to get a diagnosis and find correct treatment

feelings of anxiety and depression confront us all from time to time and can vary in their severity recognising the symptoms understanding their causes and effects and knowing what help is available can be very reassuring and help overcome the condition professor robert priest has written this book especially to provide help for those feeling anxious and depressed in particular he covers the practical self help methods to reduce stress and offers an explanation of the causes and effects of anxiety and depression the book provides up to date information on the professional help available and details the action and side effects of medications

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