



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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qualified as The Hungry Hills can get you closer in turning into precious person. By looking way up and review this e-book you can get many advantages.

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