



Depression: A Guide for the Newly Diagnosed (The New Harbinger Guides for the Newly Diagnosed Series)

Lee H. Coleman

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Depression is the most common mental health condition in the United States. In fact, up to one in five women and one in ten men will experience it in their lifetimes. Because it's so prevalent, it's sometimes called the common cold of psychiatric illnesses. Of course, this flip attitude is completely misguided. If you suffer from depression, then you *know* how debilitating it is, and how it can drastically affect your day-to-day life.

If you've recently been diagnosed with depression, you probably have a few questions about the road to recovery that lies ahead. You might wonder what the best treatments are for your symptoms, how to tell if you're making progress, and who, if anyone, you should tell about your diagnosis.

In *Depression: A Guide for the Newly Diagnosed*, you'll find which treatments are right for you and learn what you can expect from the recovery process. You will discover simple changes to your sleep and nutrition habits that can really make a difference and learn how to monitor your progress as you start feeling better so you can adjust treatment as needed. With this guide helping you along in your recovery, you can be among the millions of people who have come back from depression stronger, healthier, and happier than before.

This book is a part of New Harbinger Publications' *Guides for the Newly Diagnosed* series. The series was created to help people who have recently been diagnosed with a mental health condition. Our goal is to offer user-friendly resources that provide answers to common questions readers may have after receiving a diagnosis, as well as evidence-based strategies to help them cope with and manage their condition, so that they can get back to living a more balanced life.

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