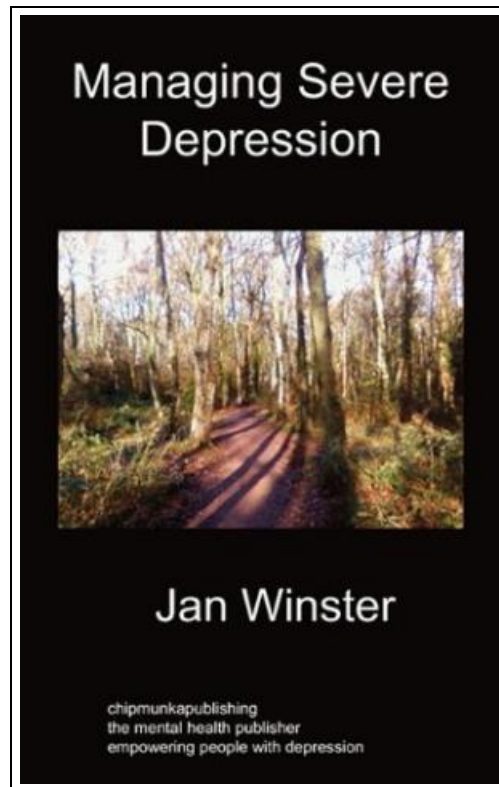


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MANAGING SEVERE DEPRESSION (PAPERBACK)



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Chipmunkapublishing, United Kingdom, 2010. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Description This book has been written out of the recent experience of two and a half years of severe depression. The author had herself been a social worker with counsellor training. Depression is a serious illness or mental condition which crushes your capacity to help yourself. The majority of self-help books, and even counselling itself, seem geared to mild or moderate depression. That is the kind of the depression which will respond to think positive ideas, a walk in the park, a talk with a friend. Getting a reliable diagnosis is difficult. But a diagnosis is important. Treatments for mild depression don t help if you have severe depression. But the symptoms can be easily mis-read and the severity of a condition underestimated. It can then be a struggle to get the support you need. In fact, the most important message might be to encourage you to believe that you will get through it in spite of everything. But you won t believe that whilst you are in the firmest grip of the depression. Severely depressed, it is as if you are in a parallel universe. This kind of depression is not the result of any lack of positive thinking ; it is not a failure to deal with the ups and downs of life, nor a depressive attitude towards life, as some have called it. It is not any kind of failure. No one is yet absolutely certain how it comes about - but a genetic predisposition and the trigger of overwhelming stress is a likely explanation. Many caring, competent, intelligent and courageous people - have spent time, sometimes years, in their own private mental dungeon of depression. Those individuals who are...

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