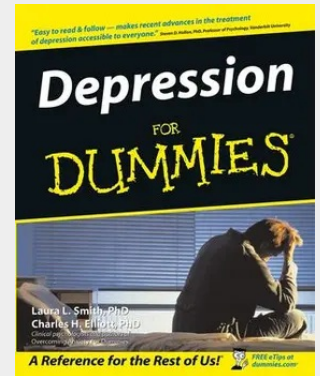


Depression for Dummies

"Easy to read & follow - makes recent advances in the treatment of depression accessible to everyone." -Steven D. Hollon, PhD, Professor of Psychology, Vanderbilt University Contains tools, exercises, quizzes, and self-tests to help you defeat depression Conquer depressive thoughts and bring joy back into your life You can overcome depression. This friendly, reassuring guide provides strategies to help you make changes, find relief, and take charge of your life (or help someone you love). You'll discover the latest on therapy for relieving your symptoms and preventing relapse, medications, how to find professional help, and ways to regain your confidence and feel good again. Praise for Depression For Dummies "Drs. Elliott and Smith include fascinating clinical examples and effective exercises within the most reader-friendly, entertaining format I've seen in a book of this genre." - Aaron T. Beck, MD, Professor of Psychiatry, University of Pennsylvania "Elliott & Smith have captured the essence of how to cope with depression. The authors' wisdom combined with humor and warmth will engender hope for those who suffer." - Dr. Brian F. Shaw, Professor, University of Toronto

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