



Understanding Depression

Paul R. Robbins

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What causes depression? How can it be avoided? Can it be treated? These basic questions and many others are examined in *Understanding Depression*. Written in an easy-to-read manner, it looks at current research and scientific data on depressed moods and depression. Ideas on how to prevent such moods and how to cope with them are discussed. Topics include reducing stress, self-help strategies, counseling, antidepressant medications, and psychotherapy.

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