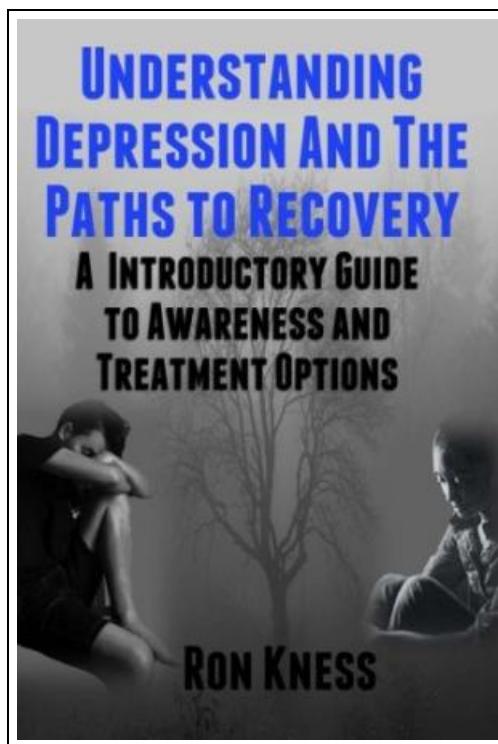


## Understanding Depression and the Paths to Recovery: An Introductory Guide to Awareness and Treatment Options (Paperback)



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**UNDERSTANDING DEPRESSION AND THE PATHS TO RECOVERY: AN INTRODUCTORY GUIDE TO AWARENESS AND TREATMENT OPTIONS (PAPERBACK)****DOWNLOAD PDF**

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. While depression can hit during any time of year, winter in a cold climate and especially around the holidays, can be stressful and depressing for many people. At any one time, 350 million people around the world suffer from some form of depression: Major Depressive Disorder, Postpartum Depression, PTSD, Seasonal Affective Disorder, Atypical Depression, and other depression conditions. It can literally cripple their lives and leave them non-functioning. Half of those suffering will not seek help. Not seeking help only makes matters worse because when depression is not treated properly, it can lead to serious physical, emotional, and mental health issues, like: - Long-term sadness - Much reduced quality of life - Lack of joy in living - Extremely low levels of self-esteem - Problems at work - Low energy levels - Skin, hair, and digestive system issues caused by chemical and hormonal responses to depression - Body aches and pains, headaches and cramps - Career and job failure - Cognitive issues, including but not limited to difficulty making decisions, problems concentrating and focusing, and failed memory - Insomnia or sleeping too much - Significant weight gain or loss (not related to dieting) - Reckless, harmful self-behavior like abusing alcohol, caffeine, food or drugs, compulsive gambling, and engaging in other physically risky behaviors - Failed relationships, which can include emotional and physical pain inflicted on others - Suicide - And the list goes on and on. However, it doesn't have to be this way. Help is available. In my book, you'll discover. - Detailed and easy to understand definition of depression - Risk factors that increase the likelihood that you will become depressed - The different types of...

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