



An Introduction to Coping with Depression, 2nd Edition (Paperback)

By Lee Brosan, Brenda Hogan

Little, Brown Book Group, United Kingdom, 2018. Paperback. Condition: New. Language: English . Brand New Book. Overcoming app now available via iTunes and the Google Play Store. Depression is the predominant mental health condition worldwide, affecting millions of people each year. But it can be treated effectively with cognitive behavioural therapy (CBT). Written by experienced practitioners, this introductory book explains what depression is and how it makes you feel. It will help you to understand your symptoms and is ideal as an immediate coping strategy and as a preliminary to fuller therapy. You will learn: * How depression develops and what keeps it going* How to spot and challenge thoughts that maintain your depression* Problem solving and balanced thinking skills.



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