

## Beating the Blues: A Complete Guide to Overcoming Depression

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## Reviews

This type of publication is every thing and helped me seeking ahead and much more. It usually fails to charge too much. It is extremely difficult to leave it before concluding, once you begin to read the book. (Juliet Mertz)

## BEATING THE BLUES: A COMPLETE GUIDE TO OVERCOMING DEPRESSION



Random House Publishers (India) Pvt. Ltd., Noida, India, 2012. Soft cover. Book Condition: New. You might be depressed and don t know it yet. According to a WHO study, a mindboggling 35.9 percent of India suffers from Major Depressive Episodes (MDE). Yet depression remains a much evaded topic, quietly brushed under the carpet by most of us. In Beating the Blues, India s leading clinical psychologist, psychotherapist, and trauma researcher Seema Hingorrany provides a comprehensive, step-by-step guide to treating depression, examining what the term really means, its signs, causes, and symptoms. Page Extent: 224.

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