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Coping with Depression: A Guide to What Works for Patients, Carers, and Professionals

Costas Papageorgiou, Hannah Goring, Justin Haslam

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Depression affects almost 10% of people in the US. It can be an incredibly debilitating and isolating condition, with episodes recurring throughout a person's life. However, the good news is that with the right guidance it is possible to make a complete recovery. Drawing on a wealth of clinical expertise, the authors have created an easy-to-use manual that explains everything you need to know about the condition, from how to recognise the symptoms to the range of treatments currently available, including behavioural therapies, professional support, and medication. Case histories of people who have benefitted from the treatments discussed are featured throughout, encouraging individuals suffering from depression, as well as those around them, to take an active role in getting better and staying well. Dr Costas Papageorgiou is a Consultant Clinical Psychologist with extensive clinical and research experience in depression and anxiety disorders. Dr Hannah Goring is a Clinical Psychologist, and Dr Justin Haslam is a Staff Consultant Psychiatrist.

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