



## An Introduction to Coping with Depression

By Lee Brosan, Brenda Hogan

Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, An Introduction to Coping with Depression, Lee Brosan, Brenda Hogan, Depression affects thousands of people in the UK and it can be effectively treated with Cognitive Behavioural Therapy. Written by experienced practitioners, this introductory booklet explains what depression is and how it makes you feel. It will help the reader to understand their symptoms and is ideal as an immediate coping strategy and as a preliminary to fuller therapy. How depression develops and what keeps it going. How to spot and challenge thoughts that maintain your depression Problem solving and balanced thinking.



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