



## Beating Depression: Inspirational Stories of Hope and Recovery (Paperback)

By Prof Paul Gilbert

Little, Brown Book Group, United Kingdom, 2011. Paperback. Condition: New. UK ed.. Language: English . Brand New Book. Overcoming app now available via iTunes and the Google Play Store.If you suffer from depression you are far from alone. It is an extremely common problem affecting over 300 million people around the world - and the number of reported cases is rising. Distressing and painful, depression can impact on almost every area of a person s life, from relationships and family life, to work and physical health.Selected by Professor Paul Gilbert, a world renowned expert on depression and author of bestselling self-help guide Overcoming Depression, the first person accounts contained in this collection will motivate, inspire and reassure. Most importantly, they will remind the reader that even during the darkest moments, there is always hope. Includes two chapters written by Professor Paul Gilbert explaining the causes of depression and how to overcome it.

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