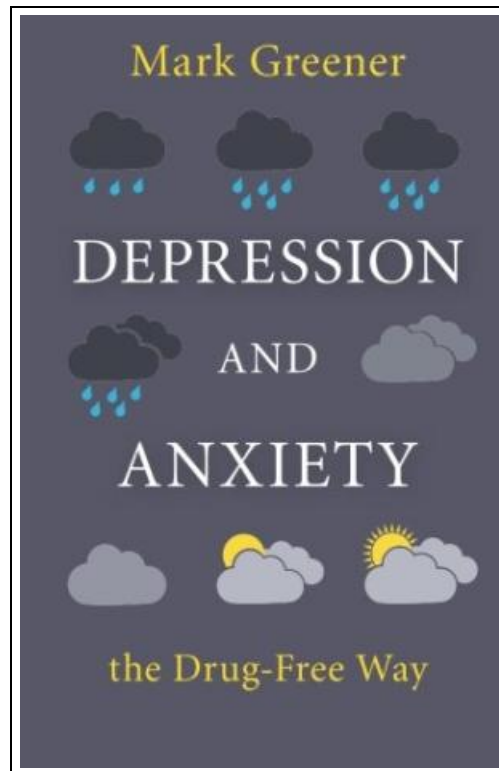


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SPCK Publishing, United Kingdom, 2015. Paperback. Condition: New. Language: English . Brand New Book. Drugs can give people a breathing space but do not cure depression and anxiety. Often, people need to address their underlying issues irrespective of any pharmacological treatment. But depression and anxiety aren't single diseases. Each can take various forms and can arise from a plethora of causes. And each can dramatically vary in severity. Sometimes, talking treatments are enough to alleviate mild-to-moderate depression and anxiety - especially if the distress arises from certain identifiable problems, such as bereavement, a phobia or unemployment. This book explores the many faces of anxiety and depression, and the various ways in which they may be addressed. Topics include: Symptoms Why depression and anxiety commonly co-exist Drug treatment CBT and counselling Diet for depression and anxiety Stress management Exercise Herbalism, eg St John's Wort Other treatments, eg hypnosis, meditation, breathing.



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