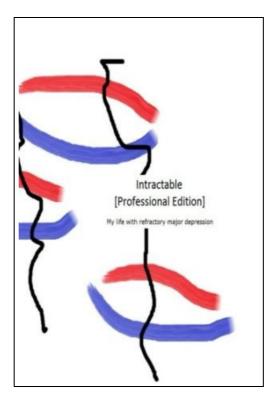
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### Reviews

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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Professional. Language: English. Brand New Book \*\*\*\*\*\* Print on Demand \*\*\*\*\*\*. I have dealt with major depressive disorder for decades. Over the years I have learned a great deal about my illness and how to manage it and my overall health. I do so largely successfully. In this text I share what the illness is like, and what I have learned, with patients, family members, and caregivers. It is a true story and while I do not sensationalize it, it has been a difficult journey at times. It is frank without being graphic or overly detailed. This professional edition includes notes intended only for medical professionals. It is not recommended for patients or non-professionals. It is not large print. The patient edition is located at // or on Amazon at // I am not a healthcare professional. Nothing in this writing is a substitute for professional medical advice, diagnosis, or treatment. If you or a loved one are in need of care, do not delay seeking treatment. Call emergency services if anyone is at risk of harm. The patient edition (which this is not) is large print and includes forms at the back to assist in managing the illness. The individual consumer may reproduce the forms for his or her personal use. Sections: Preface Children Breakdown #2 Medication Doctors Talk therapy What depression looks like What depression feels like Collateral damage Support and safety Bad doctor Employers Stress Health maintenance Am I worth it? Afterword Forms: Medical summary Medication history Gratitude log Recovery journal.



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