

Overcoming Depression And Low Mood, 3rd Edition: A Five Areas Approach By Christopher Williams

By Christopher Williams

This volume provides a clear and effective approach to the treatment of depressive illnesses. Developed in liaison with a wide range of health care practitioners, it

eBook Overview Building on the success of previous editions, *Overcoming Depression and Low Mood* presents a series of self-help workbooks for use in self-assessing and

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(developer of the five areas approach and *Low Mood* second edition and *Overcoming Anxiety* books, *Overcoming Teenage Low Mood and Depression* presents

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