

Anxiety & Depression: A Practical Guide To Recovery - R G Priest

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Feelings of anxiety and depression confront us all from time to time, and can vary in their severity. Recognising the symptoms, understanding their causes and effects, and knowing what help is available can be very reassuring and help overcome the condition. Professor Robert Priest has written this book especially to provide help for those feeling anxious and depressed. In particular he covers the practical self-help methods to reduce stress and offers an explanation of the causes and effects of anxiety and depression. The book provides up to date information on the professional help available and details the action and side-effects of medications. Author: Priest, R G Publisher: Ebury Digital Illustration: N Language: ENG Title: Anxiety & Depression: A Practical Guide to Recovery Pages: 00144 (Encrypted EPUB) On Sale: 2011-10-31 SKU-13/ISBN: 9780091812669 Category: Family & Relationships : General Category: Health & Fitness : General

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