

The Complete Guide To Overcoming Depression: (ebook Bundle) - Paul Gilbert

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The bestselling self-help guide Overcoming Depression has been combined with Beating Depression: Inspirational stories of hope and recovery to offer the reader an effective and appealing self-help package. These two titles not only set out practical techniques to overcome depression, but offer inspiration to the reader to confront the challenges they may face on the road to recovery. Overcoming Depression is based on Cognitive Behavioral Therapy (CBT), an evidence-based therapy recommended by the NHS. It provides: -Useful information about the disorder -A step-by-step self-help programme based on CBT Beating Depression contains real-life stories written by those with first-hand experience of depression, including postnatal depression and bipolar disorder. Each story sheds light on the condition, and offers powerful insights into what helps and, most importantly, inspiration to those trying to beat it. Author: Gilbert, Paul Publisher: Robinson Illustration: N Language: ENG Title: The Complete Guide to Overcoming Depression: (ebook bundle) Pages: 00300 (Encrypted EPUB) On Sale: 2013-01-18 SKU-13/ISBN: 9781472106445 Category: Psychology : Cognitive Psychology

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