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Written by an expert team of clinical psychologists, this practical guide arms readers with the knowledge they need to understand depression and gives sound advice on treatment options to help sufferers improve their mood, think constructively and feel like themselves again.

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Elaine Iljon Foreman, MSc, is an Associate Fellow of the British Psychological Society, and has researched and treated anxiety and depression for over 25 years. Charles H Elliott, PhD, and Laura L Smith, PhD, are clinical psychologists.

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