



Depressionen überwinden für Dummies (German Edition)

Laura L. Smith, Charles H. Elliott

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Schieben Sie die dunklen Wolken beiseite und erfahren Sie neue Lebensfreude

Dieses Buch hilft, wenn Ihnen alles bleischwer erscheint und Sie die Welt nur noch wie durch einen Schleier wahrnehmen. An Depressionen leiden viele Menschen, Sie sind nicht alleine. Charles Elliot und Laura Smith beschreiben Betroffenen und deren Angehörigen leicht verständlich und einfühlsam die verschiedenen Formen von Depression. Sie zeigen Ihnen mit Checklisten, Selbsttests und Übungen, was Sie tun können, um dunkle Gedanken zu überwinden. Sie erfahren, wie die traditionelle Medizin auf diesem Weg helfen kann und wo Sie professionelle Hilfe finden. Außerdem erhalten Sie Tipps, wie kleine Änderungen im Alltag Symptome lindern und Lebensfreude zurückbringen.

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