



Beating the Blues: New Approaches to Overcoming Dysthymia and Chronic Mild Depression

Michael E. Thase, Susan S. Lang

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Mild depressions are so insidious that sufferers often don't seek help. They think, "that's just the way I am. There's really not much I can do about it." As Dr. Michael Thase and science writer Susan S. Lang reveal, they can do something about it. Persistent mild depression, which afflicts up to 35 million Americans, can be readily and permanently cured.

In *Beating the Blues*, Thase and Lang show how chronic mild depression can be relieved by learning strategies that help sufferers to recognize and change negative and distorted thinking patterns that lead to a downward spiral of pessimism. They reveal that a combination of medication and therapy has been shown to be the most effective treatment for mild depression, with an impressive 85% of patients experiencing full relief. Thase and Lang also discuss when a person should seek help from a therapist and what kinds of therapy seem the most effective. They outline the safer new antidepressants that are helpful for both mild and severe depressions, detailing each drug's strength and weakness; and examine alternative therapies, including stress management, physical exercise, acupuncture, supplements, and other mind/body therapies. Finally, they provide in-depth discussions of mild depression in children, adolescents, college students, and elderly parents, as well as those with chronic stress.

Beating the Blues is an inspiring and empowering book, offering everything a person needs to know in order to overcome mild depression.

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Playing with family in a park, coming to see the marine world or hanging out with pals is thing that usually you have done when you have spare time, subsequently why you don't try point that really opposite from that. Just one activity that make you not feeling tired but still relaxing, trilling like on roller coaster you have been ride on and with addition associated with. Even you love Beating the Blues: New Approaches to Overcoming Dysthymia and Chronic Mild Depression, it is possible to enjoy both. It is good combination right, you still need to miss it? What kind of hangout type is it? Oh occur its mind hangout men. What? Still don't have it, oh come on its referred to as reading friends.

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