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## Depression: Stay Locked Up or Break Free! (2nd ed.)

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Learn to manage depression better, in yourself or a loved on

Who hasn't said "Im depressed!" when they're simply feeling blue or down in the dumps? But having depression is different: an actual condition that affects billions of people. In recent years, research has made great strides that often bring hope. An overview of the most recent discoveries about depression, this book will help readers bettwe understand the condition, and improve the quality of life for their patients and loved ones.

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Sales in France: 5,000 copies