



Depression and Bipolar Disorders: Everything You Need to Know (Your Personal Health)

Dr. Virginia Edwards

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Depression is a deceptively common illness. At some point in their lives, one out of every five people will struggle with bouts of depression, and nearly twice as many women will be affected as men.

At the outset, depression can seem quite similar to the sadness or low moods that we all feel from time to time. As the illness progresses, however, work life, social life and intimate relationships all suffer. The affected person loses interest in those around him, feels exhausted and hopeless and often considers "giving up."

In **Depression and Bipolar Disorders**, Dr. Virginia Edwards explores the causes, symptoms and treatment of depressions. Topics include:

- normal versus abnormal depression
- unipolar depressive disorders
- bipolar depressive disorders
- biological and psychosocial therapies
- depression in women and the elderly
- treatment options, including involuntary hospitalization
- suicide.

This comprehensive examination of depression also features case studies and an extensive resource list.

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Why don't make it to become your habit? Right now, try to prepare your time to do the important action, like looking for your favorite book and reading a publication. Beside you can solve your condition; you can add your knowledge by the guide entitled Depression and Bipolar Disorders: Everything You Need to Know (Your Personal Health). Try to face the book Depression and Bipolar Disorders: Everything You Need to Know (Your Personal Health) as your buddy. It means that it can be your friend when you feel alone and beside that course make you smarter than ever. Yeah, it is very fortunate for you personally. The book makes you much more confidence because you can know every little thing by the book. So, let's make new experience in addition to knowledge with this book.

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