



# Beating Depression: The Journey to Hope

*Maga Jackson-Triche , Kenneth Wells , Katherine Minnium*

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**Beating Depression: The Journey to Hope** Maga Jackson-Triche , Kenneth Wells , Katherine Minnium

**Offers new hope to the more than 17 million Americans who suffer from depression**

Written by nationally recognized experts in the field, *Beating Depression* arms sufferers and their families with the knowledge and tools they need to recognize depression and make informed choices about its treatment and management. The authors explore the latest findings on the causes of depression and the treatments currently available, including medications and psychotherapeutic approaches. Readers get checklists, quizzes, and other powerful self-assessment tools to help determine if they are actually suffering from depression and to what clinical degree. And they get expert guidance on how to find help and work with physicians and mental health professionals to develop a treatment plan and to cope with problems that can arise during treatment.

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