



# Understanding Depression: 265 (Issues)

*Cara Acred*

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## **Understanding Depression: 265 (Issues)** Cara Acred

47% of people know someone who has suffered from depression, yet many of us struggle to understand its causes and symptoms. This book looks at the definitions of depression, its varying forms and its causes. Understanding Depression also considers coping techniques and treatments, featuring a range of articles that will educate the reader and stimulate debate around this seldom talked about topic.

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