



Mayo Clinic On Depression: Answers to Help You Understand, Recognize and Manage Depression

Keith Kramlinger M.D.

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(Mayo Clinic) Mayo Clinic, Rochester, MN. Consumer guide to depression. Discusses factors that increase risk, indications of depression, what happens inside the brain, effective forms of psychotherapy, electroconvulsive therapy, new trends in treatment, self-care strategies for staying healthy, and more. Softcover.

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