



You Can Beat Depression: A Guide To Prevention & Recovery, Fourth Edition

John Preston

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Here's a revised and updated edition of the most readable book on depression. Folks who are feeling really depressed often don't feel much like reading, but *You Can Beat Depression* is a very reader-friendly self-help guide. This important resource has been recognized by the National Institute of Mental Health D/ART program and the National Mental Health Association. Readers will find all-new information on bipolar disorder diagnosis and treatment, along with helpful material on prevention of depression, prevention of relapse after treatment, brief therapy interventions, exercise and other non-medical approaches, the Prozac controversy, and much more. Includes an up-to-date consumer guide to medications. Its comprehensive approach to self-assessment carefully guides readers to figure out when and how they can help themselves, when they need to seek professional treatment, and what to expect along the way.

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Jon Watson:

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