



Understanding Depression (Psychology Briefs)

Rudy Nydegger

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Understanding Depression (Psychology Briefs) Rudy Nydegger

Straightforward and easy to read yet thorough and accurate, this book provides a complete overview of depression that describes the historical background of clinical depression, the various types of mood disorders, and their impact on the health and well-being of people and society.

- Explains simply what depression is, what the causes are, what the symptoms look like, and what the best treatment options are
- Provides up-to-date information based on current scholarly and clinical materials presented in a very clear and understandable presentation that is ideal for high school and undergraduate students as well as general readers

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