



# Dealing with Depression: A Commonsense Guide to Mood Disorders

*Gordon Parker*

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# Dealing with Depression: A Commonsense Guide to Mood Disorders

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## **Dealing with Depression: A Commonsense Guide to Mood Disorders** Gordon Parker

Covering both traditional and alternative approaches to treating depression, this fully revised and updated guide outlines the many different types of depression, including mood swings, clinical depression, and bipolar disorders. Each type of depression is explained fully and is accompanied by suggestions for the most appropriate treatments. Simple descriptions and a user-friendly layout make this guide accessible for those suffering from mood disorders, their families, and the health professionals who care for them. Expanded sections on bipolar disorders and the influence of personality styles on nonmelancholic disorders are included in this new edition, and an online diagnostic test associated with the book encourages confidence in self-diagnosis and in seeking professional care.

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