



Understanding Depression (Psychology Briefs)

Rudy Nydegger

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Understanding Depression (Psychology Briefs) Rudy Nydegger

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- 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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