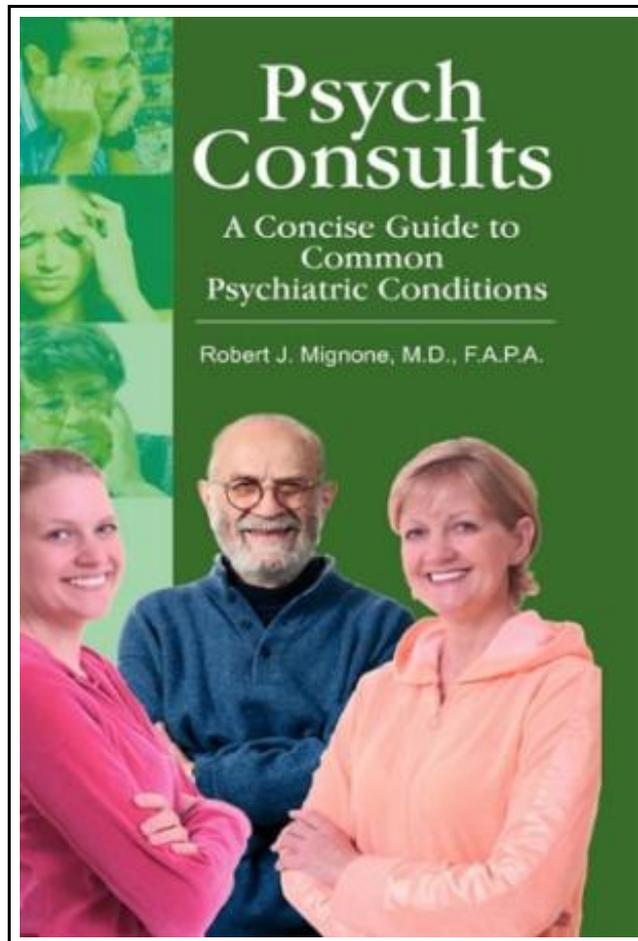


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Outskirts Press. Hardcover. Book Condition: New. Hardcover. 256 pages. Dimensions: 9.4in. x 6.4in. x 0.9in. This guide speaks to everyone because the psychiatric conditions covered in this guide--along with the daily stresses and strains of life--are so common as to likely touch (directly or indirectly) the daily lives of most people. The language is purposely practical and familiar though not dumbed down. Each chapter contains a concise discussion of a common psychiatric disorder (or disorders) of children, adults, and seniors. The reader can find a more in-depth discussion of issues in the resources listed in the back of the book. This guide--not intended to be just an intellectual exercise--offers a basis for identifying and understanding the important elements of psychiatric problems in oneself or a loved one. No medical advice is implied herein, but the reader is encouraged to consult a doctor or other mental health professional whenever indicated. Topics include ADDADHD, mood disorders (Bipolar I and II), Major Depression, Schizophrenia, the Anxiety Disorders, Substance Abuse, the Adjustment Disorders, Stress Management, the Anniversary Reactions, Alcohol and Drug Dependence, and the Personality Disorders. The common expression depression is subject to special clarification, since too often it does not refer to a medical (psychiatric) mood disorder. Instead, it usually refers to the everyday experiences of situational sadness, or of feeling bummed. This diagnostic confusion is avoidable with the clinical knowledge found in these chapters. Major Depression is often associated with other medical conditions such as pregnancy, grief, chronic pain, heart attack, and cancer, to name just a few. They receive attention, as does Suicide, the ultimate tragedy of the mood disorders. Bouncing back from trauma or catastrophe takes up its own segment, along with demoralization. Sooner or later, everyone faces crises and either caves in or rises to the occasion, depending on their hardiness...



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