Overcoming Depression and Low Mood: A Five Areas Approach

Building on the success of previous editions, Overcoming Depression and Low Mood presents a series of self-help workbooks for use in self-assessing and managing depression and periods of low mood, with support from a health care professional.

This book covers all the issues that are known to be problematic in depression in the clear, user-friendly format that is associated with the 'Overcoming...' series. The interactive questions and worksheets are a key feature of the series and they are plentiful and appropriate in this new title.

Using the established Five Areas Assessment model of depression, the book provides a clear model of intervention using the proven cognitive behaviour therapy evidence-based approach. It is empowering and supportive, helping readers make changes to their lives in a planned and achievable way.

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