



# **Depression: Understanding The Symptoms, Diagnosis And Treatment Options (Modern Day Health Concerns Book 1)**

*Evan Bradley*

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# Depression: Understanding The Symptoms, Diagnosis And Treatment Options (Modern Day Health Concerns Book 1)

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## **If You Are Suffering From Symptoms of Depression You Are Not Alone**

Rates of depression have risen dramatically in the last 50 years. It is estimated that in the United States alone greater than 7% of the population suffers from depression. Given the stressful state of the world and the pressures we are under in our everyday life it is of little wonder. But you shouldn't need to suffer from the symptoms of depression, and you should know the treatment options and therapies available to you, because it is an extremely treatable condition.

## **Depression: Understanding The Symptoms, Diagnosis And Treatment Options**

This book will explain the symptoms, diagnosis and possible treatments available to someone who is suffering from depression. Subjects covered in the book include:

- Understanding Depression
- Causes and Symptoms
- Types of Depression
- Treatment Options
- Forms of Therapy
- Available Medications

**Start On The Road To Recovery Today!**

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