



First Steps Out of Depression

By Sue Atkinson

Lion Hudson Plc. Paperback. Book Condition: new. BRAND NEW, First Steps Out of Depression, Sue Atkinson, 'First Steps' is a new series of short, affordable self-help on a range of key topics. Depression is wide-spread in today's world, with statistics suggesting that 1 in 5 of us will experience it at some stage in life. In First Steps out of Depression, successful author Sue Atkinson draws on her experiences as someone who has suffered - and recovered - from depression, to guide sufferers through the first stages of recovery themselves. Other titles in the First Steps series include: Anxiety, Bereavement, Eating Disorders, Gambling and Problem Drinking.

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