What is depression and what causes it? If I have depression, what can I do about it?

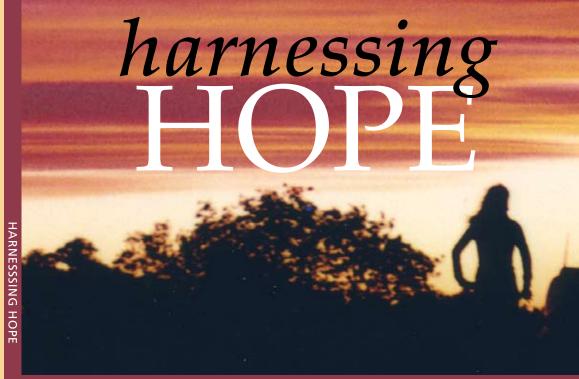
This slim volume offers hope to those suffering from depression. It explains depression in approachable language and shows how simple lifestyle changes can make a difference.

We follow four characters – Laura, Josie, Tom and Kathy – as they use these tools to master depression and harness hope in their own lives.



AN MARSH

Jan Marsh M.A.(Hons), Dip.Clin.Psych. is a clinical psychologist of over 30 years experience. She has worked with clients from all walks of life and is familiar with a wide range of effective treatments for depression.



by JAN MARSH

Take control of your life and master depression