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DEPRESSION AND ANXIETY THE DRUG-FREE WAY (PAPERBACK)



SPCK Publishing, United Kingdom, 2015. Paperback Condition: New. Language: English. Brand New Book Drugs can give people a breathing space but do not cure depression and anxiety. Often, people need to address their underlying issues irrespective of any pharmacological treatment. But depression and anxiety aren't single diseases. Each can take various forms and can arise from a plethora of causes. And each can dramatically vary in severity. Sometimes, talking treatments are enough to alleviate mild-to-moderate depression and anxiety...

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- Authored by Mark Greener
- Released at 2015



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