



# Tú puedes superar la depresión (Spanish Edition)

*John Preston*

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## **Tú puedes superar la depresión (Spanish Edition)** John Preston

Esta guía de autoayuda, altamente recomendada por profesionales de la salud mental de todo el mundo, supone un enfoque claro y de fácil comprensión sobre la depresión y ha ayudado a decenas de miles de lectores. Completamente revisada y actualizada, esta nueva versión incluye un nuevo y detallado análisis sobre el trastorno bipolar y su tratamiento. Aprende con ella los diferentes tipos de depresión, así como a utilizar procedimientos de autoayuda totalmente probados, a reconocer cuándo puedes "superarlo tú solo" y cuándo no, a entender el funcionamiento de los medicamentos para la depresión y a encontrar el tratamiento profesional adecuado si lo necesitas.

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