



The Sheldon Short Guide to Depression

By Tim Cantopher

SPCK Publishing. Paperback. Book Condition: new. BRAND NEW, The Sheldon Short Guide to Depression, Tim Cantopher, Sheldon Short Guides let you grasp the essentials in less than an hour! Depression is a physical illness caused by malfunction of the limbic system, the brain circuitry which controls many of the body's processes, such as sleeping-waking cycles, temperature control, eating patterns, hormones - and mood. Depression ensues when the limbic system becomes overloaded, such as during periods of prolonged stress. This book explains the workings behind depression, and how to tackle this debilitating condition. Topics include: What may trigger a depressive episode What to do when you get ill Recovery Staying well Treatments Some skills for problem areas - relaxation, problem-solving, sleep.

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