

LEARNING MADE EASY



2nd Edition

# Depression

for  
**dummies**  
A Wiley Brand



Identify and demystify  
the types of depression

Make lifestyle choices that  
combat depressed behavior

Explore therapy methods  
and medication options

**Laura L. Smith, PhD**

**Charles H. Elliott, PhD**

*Clinical psychologists and authors of  
Anxiety For Dummies and Borderline  
Personality Disorder For Dummies*

# Depression For Dummies

**LP Steffe**



## **Depression For Dummies:**

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