At Wit’s End: Recognizing and Dealing with Depression and Stress

Prepared by the Dana Medical Library
Community Medical School
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Beating the blues: new approaches to overcoming dysthymia and chronic mild depression.
Dana Consumer Health Collection
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Retraining the brain: a 45-day plan to conquer stress and anxiety
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When the body says no: understanding the stress-disease connection

Dana Consumer Health Collection
CHC WM 172 M425w 2003

Thanks for exploring the literature of Depression and Stress with us

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