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Angehörige, Helfer und
Interessierte

Rainer Schmitt



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Depression Abw Rtsspirale Betroffene Angeh Rige Interessierte

Rainer Schmitt



Depression Abwärtsspirale Betroffene Angehörige Interessierte:

Depression - Raus aus der Abwärtsspirale Rainer Schmitt, 2015-07-31 Depressionen gehören heute zu den häufigsten Erkrankungen in der westlichen Welt und sie breiten sich weiter aus. Woran das liegt, weiß niemand ganz genau. Obwohl es spezifische Risikofaktoren gibt, kann es jeden treffen. Nicht jedes Traurigsein ist aber mit einer Depression zu verwechseln. Es gehört zu unserem normalen Gefühlsleben dazu, auch einmal bekümmert zu sein. Länger anhaltende niedergedrückte Stimmung, Freud, Interesse und Gefühlslosigkeit, Kraft und Antriebslosigkeit, jedoch sind Anzeichen einer ernsten Erkrankung. Sie wirken sich auf das gesamte Erleben und Funktionieren eines Menschen aus und führen in eine ausweglos erscheinende Abwärtsspirale. Der Ratgeber zeigt Wege auf, wie Sie diesen Teufelskreis verlassen können und informiert Sie über Ursachen, Risiken und Formen, Verläufe einer Depression, Behandlungsmöglichkeiten dieser Erkrankung, Techniken, die Sie selbst anwenden können, um aus einer Depression herauszukommen, Techniken, wie Sie gesund bleiben können, Formulare zu Ihrer Unterstützung, Adressen und Literatur.

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