



2. Auflage

# Depressionen überwinden **dummies**



Depressionen erkennen

Einen Weg aus dem  
Dunkel finden

Wie kognitive Verhaltens-  
therapie und Medikamente  
helfen können

Mit Selbsttests, Checklisten  
und Übungen

Laura L. Smith  
Charles H. Elliott

# Depressionen Berwinden Dummies Laura Smith

**J Dewey**



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