



# Getting Them To See It Your Way: Dealing With Difficult And Challenging People

*Judith Segal, Judith Segal PhD*

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The Depression Sourcebook is a complete guide to understanding mood disorders, including what can be done to lessen symptoms and alleviate suspected causes. This revised second edition provides new information on psychotherapy, bipolar disorders, depression in children and elderly people, medications, and treatment options such as exercise and nutrition.

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