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Beating the Blues: A Complete Guide to Overcoming Depression

Seema Hingorrany

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Beating the Blues: A Complete Guide to Overcoming Depression Seema Hingorrany
Can’t sleep soundly? Don’t feel like stepping out of the house? Having suicidal thoughts? You might be depressed and don’t know it yet. According to a WHO study, a mindboggling 35.9 percent of India suffers from Major Depressive Episodes (MDE). Yet depression remains a much evaded topic, quietly brushed under the carpet by most of us. In Beating the Blues, India’s leading clinical psychologist, psychotherapist, and trauma researcher Seema Hingorrany provides a comprehensive, step-by-step guide to treating depression, examining what the term really means, its signs, causes, and symptoms. The book will equip you with: • Easy-to-follow self-help strategies and result-oriented solutions • Ways of preventing a depression relapse • Everyday examples, statistics, and interesting case-studies • Workbooks designed for Seema’s clients With clients ranging from celebrities and models to teenagers, married couples, and children, Seema decodes depression for you. Informative and user-friendly, with a foreword by Indu Shahani, the Sheriff of Mumbai, Beating the Blues is an invaluable guide for those who want to deal with depression but don’t know how

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