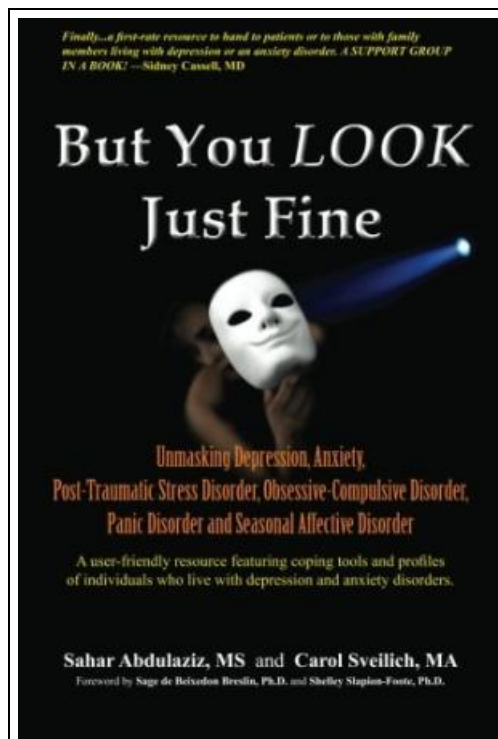


But You Look Just Fine: Unmasking Depression, Anxiety, Post-Traumatic Stress Disorder, Obsessive-Compulsive Disorder, Panic Disorder and Seasonal Affective Disorder



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Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.A revelatory book that shows, through words and pictures, how people can appear one way on the outside while feeling quite differently on the inside. Those who live with a mood disorder often wear a social mask of normalcy and calm even though they are living with disruptive psychic pain on the inside. Some people may be carrying around a traumatic event from the past that causes great despair, or they may be in constant inner turmoil, yet they present as being just fine in appearance and demeanor. This unique and practical resource offers candid counsel and acts as a user-friendly guide of innovative information and compassion to those with depression, anxiety disorders and other mood disorders. It is also a unique tool for mental healthcare providers. Included are creative coping tools and heartfelt insight from those individuals who know firsthand what it s like to wake up with these disorders. The second volume in the JUST FINE series, this book offers a clear resource for individuals dealing with depression, anxiety, post-traumatic stress disorder, obsessive-compulsive disorder, panic disorder, social anxiety, seasonal affective disorder, eating disorder, and many other mood disorders. The authors provide an in-depth discussion of each and explore vital topics including mood disorders and: disclosure; dating; looking one way while feeling another; impact on family; intimacy; employment and career; treatment options; spirituality; children and seniors; the connection between chronic pain and depression; not only surviving, but thriving; the worry window ; how to help someone with a mood disorder; the military; and mind-body medicine. Often referred to as a support group in a book, the authors present a remarkable series of personal portraits and telling profiles,...



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