Self-Management of Depression
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A Manual for Mental Health and Primary Care Professionals

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To my wife Sharon, and our two daughters, Janet and Alicia, with love.

–AY

I wish to thank my wife, Amy, and our two sons, Benjamin and Samuel, for their support and inspiration.

–GF

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–MF
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Preface

From the clinician's perspective, a key component of self-management of depression is connecting patients with enduring resources to monitor and manage their symptoms. As such, throughout this book, we provide patient hand-outs containing information to guide their use of self-management, including tips for initiating and sustaining an exercise program and selecting a peer support group, as well as lists of links to Internet resources where patients can find self-assessment tools, information about learning meditation, and web-based cognitive behavioral therapy programs. These hand-outs may be photocopied and distributed by the purchaser of this book to patients. These hand-outs are also available for download at no cost at http://www.cambridge.org/9780521710084.
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