

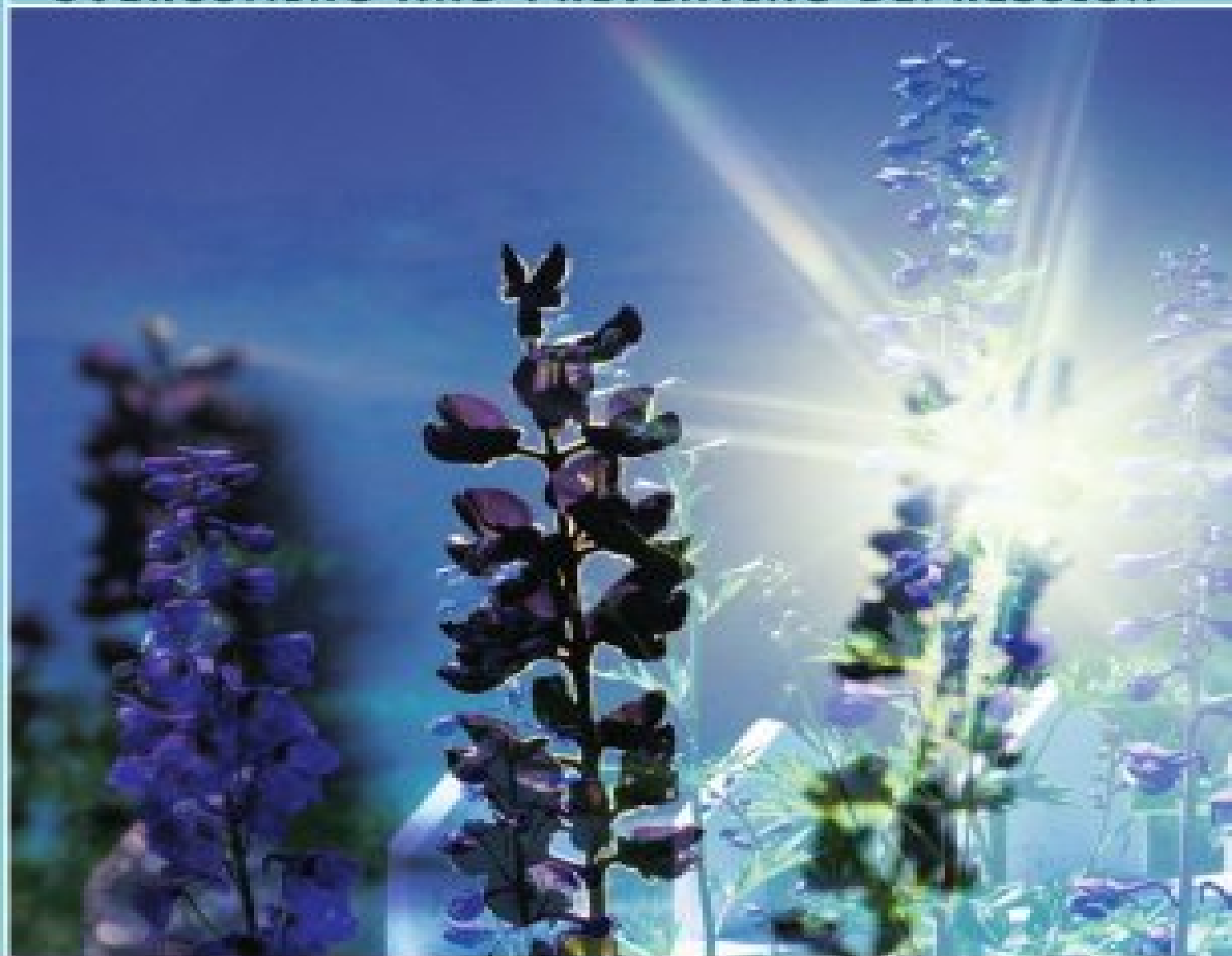
An Authors Guild **Backinprint.com** Edition

"[Dr. Harriet] Braiker, a clinical psychologist, has developed a program for women to combat everyday depression... An excellent, practical guide to overcoming a common problem."

—*Booklist*

Getting Up When You're Feeling Down

A WOMAN'S GUIDE TO
OVERCOMING AND PREVENTING DEPRESSION



HARRIET B. BRAIKER, PH. D.

Resumo de Getting Up When You're Feeling Down: A Woman's Guide to Overcoming and Preventing Depression

You've got your health, a good job and a family you love. So why do you find yourself feeling down? Every woman experiences the fatigue, guilt, irritability, low self-esteem, and lack of energy commonly called "the blues." But as Dr.

Braiker explains, you can change how you feel, and she provides you with the tools to overcome and manage blue moods. You will learn how to determine the cause of low moods, avoid bouts of the blues, regulate your worries and build your self-esteem.

With her three-step Triple A program, Dr. Braiker reveals all the secrets of psychological fitness that have worked for hundreds of her patients, so women won't ever have to feel "down" again.

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