

## Freedom From Depression Workbook

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Title: The Freedom from Depression Workbook By: Les Carter Format: Paperback Number of Pages: 256 Vendor: Thomas Nelson Publication Date: 1996: Dimensions: 7.12 X 9.25 (inches) Weight: 1 pound ISBN: 0840762070 ISBN-13: 9780840762078 Stock No: WW76207

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The freedom from depression workbook. [Les Carter; Frank B Minirth] -- The majority of Americans will experience serious depression at one time or another in their lives, and some of these people will contemplate taking their own lives.

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Book Overview Learn to manage depression in The Freedom from Depression Workbook. Les Carter, Ph.D., and Frank Minirth, M.D., introduces a 12-part interactive program that identifies moods and patterns which affect our feelings. With the help of this book, peel back the layers of what causes depression and learn to develop keys to lasting change.

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