



Gain Control of Depression and Mental Illness (2nd Revised edition)

By Ivanka Palmer

Brolga Publishing Pty Ltd. Paperback. Book Condition: new. BRAND NEW, Gain Control of Depression and Mental Illness (2nd Revised edition), Ivanka Palmer, Gain Control of Depression and Mental Illness provides a wide overview of all aspects which are part of, and closely associated with, Mental Illness (MI) and depression. It explores the medical components and projection of MI, the ill person's struggles with their illness, and other family member's experiences and struggles alike. These three aspects are essential for families to be familiar with in order to understand the ill person, cope better with MI and gain some control. By utilising and providing problem-solving methods and a solution-focused approach, this book demonstrates how to drastically reduce stress, unpleasant confrontations and arguments that can be a daily occurrence.



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