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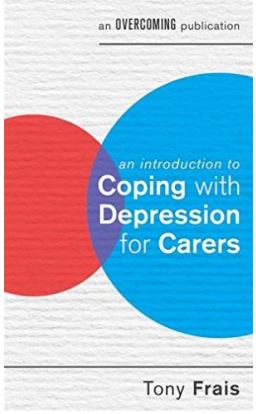

Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, An Introduction to Coping with Depression for Carers, Tony Frais, An indispensable guide offering insight and support to carers of people with depression Looking after a person with depression can often leave carers emotionally and physically exhausted. This short, straightforward and easily understandable guide offers valuable advice on how carers can: - better understand the nature of depression and how it affects both patient and carer - have a clearer...

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