



# Depression Is a Choice: Winning the Battle Without Drugs

*A.B. Curtiss*

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While recognizing that in its most extreme forms depression is best treated through pharmaceutical and psychoanalytical intervention, Curtiss argues convincingly that most people can control the syndrome without the use of drugs and without the burden of endless therapy. To illustrate this, she draws from her own experiences with depression, anecdotes from her practice, and a wealth of information about the history of the treatment of depression. This helpful book encourages those people to take responsibility for their symptoms, and gives them the steps they need to fight and win the battle against depression.



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