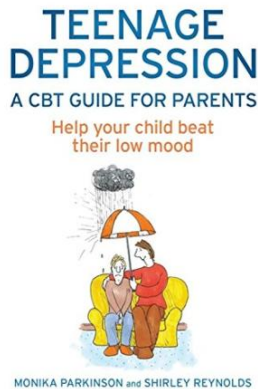


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# TEENAGE DEPRESSION - A CBT GUIDE FOR PARENTS: HELP YOUR CHILD BEAT THEIR LOW MOOD



Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, Teenage Depression - A CBT Guide for Parents: Help Your Child Beat Their Low Mood, Shirley Reynolds, Monika Parkinson, Depression is one of the most common mental health problems and is estimated to affect around 15% of people at some point during their life. For many people depression is a life-long disorder which starts during the teenage years -around 10% of teenagers are estimated to have an episode of depression...

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