



Beating the Blues: A Complete Guide to Overcoming Depression

Seema Hingorrany

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Can't sleep soundly? Don't feel like stepping out of the house? Having suicidal thoughts? You might be depressed and don't know it yet. According to a WHO study, a mindboggling 35.9 percent of India suffers from Major Depressive Episodes (MDE). Yet depression remains a much evaded topic, quietly brushed under the carpet by most of us. In *Beating the Blues*, India's leading clinical psychologist, psychotherapist, and trauma researcher Seema Hingorrany provides a comprehensive, step-by-step guide to treating depression, examining what the term really means, its signs, causes, and symptoms. The book will equip you with:

- Easy-to-follow self-help strategies and result-oriented solutions
- Ways of preventing a depression relapse
- Everyday examples, statistics, and interesting case-studies
- Workbooks designed for Seema's clients

With clients ranging from celebrities and models to teenagers, married couples, and children, Seema decodes depression for you. Informative and user-friendly, with a foreword by Indu Shahani, the Sheriff of Mumbai, *Beating the Blues* is an invaluable guide for those who want to deal with depression but don't know how

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