

Acupuncture Desk Reference

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includes index

queer blues is the only guide to focus on the triggers of depression specific to the gay and lesbian community and to offer concrete strategies to overcome them the authors explain the many forms of depression and explore its unique impact on lesbians and gay men if you re a lesbian or a gay man struggling with depression this book offers you real tools for real change a self test helps you determine your own level of depression and assess its impact on your life with this information go on to explore the reciprocal relationship between mood and self esteem examine your core beliefs about self worth and identify self sabotaging habits that may make you vulnerable to both insecurity and depression a final section provides tested practical methods distilled from the authors more than twenty five years of clinical experience to help you build a plan to effectively manage your depression

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