



Coming Through Depression: A Mindful Approach to Recovery

Tony Bates

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While intended primarily as a guide to recovery for anyone who is

experiencing depression, this book is also written with the

relatives and friends of that person in mind, hoping they can make

sense of what can be a difficult experience to grasp from the

'outside'. Understanding the journey through depression by

all who are affected can act as a bridge between people who

feel isolated by depression and those who care about them.

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