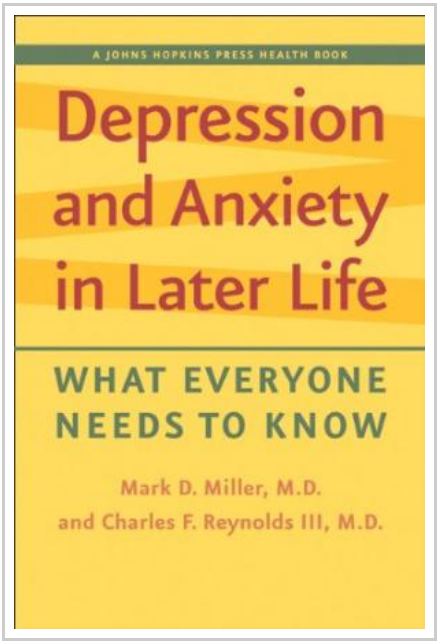


DOWNLOAD

Depression and Anxiety in Later Life: What Everyone Needs to Know

By Mark D. Miller, Charles F. Reynolds

Johns Hopkins University Press. Paperback. Book Condition: new. BRAND NEW, Depression and Anxiety in Later Life: What Everyone Needs to Know, Mark D. Miller, Charles F. Reynolds, Physical problems and emotional stresses, such as bereavement, health conditions, pain, concerns about the future, side effects of medications, and the accumulated effects of lifestyle choices, may lead to depression or anxiety in older people. However, as Drs. Mark D. Miller and Charles F. Reynolds III know, these mental disorders are not a natural or an inevitable part of aging. In "Depression and Anxiety in Later Life", these psychiatrists show how depression and anxiety can be avoided or minimized by adapting to changing circumstances while controlling risk factors and getting help when it's needed. This reassuring book balances discussions of the causes, symptoms, and treatments of mental illness with descriptions of successful adaptive aging. Case studies illustrate the less obvious depression symptoms of irritability, disorganization, and social withdrawal. Readers will find information about memory loss, pain, sleep, nutrition, and end-of-life issues particularly helpful. Aging can be challenging, but it doesn't always lead to depression or anxiety. "Depression and Anxiety in Later Life" will help older people, their family members, and caregivers make positive...

READ ONLINE
[1.92 MB]

Reviews

If you need to adding benefit, a must buy book. I am quite late in start reading this one, but better then never. I am happy to inform you that this is the best book i have read through during my own lifestyle and can be he best publication for at any time.

-- ***Mrs. Phoebe Schimmel***

It is great and fantastic. I have go through and i am sure that i will likely to study again once again later on. I am just easily could possibly get a enjoyment of looking at a published book.

-- ***Tad Stanton Sr.***