

Surfing the Blues: Understanding and Coping with Mood Disorders

Catherine Rzecki



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Surfing the Blues: Understanding and Coping with Mood **Disorders**

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Combining a personal history with a medical explanation, this is an account of the author's experience of the devastating effects of manic depression, anxiety and panic attacks. The book is intended as an aid for the sufferers of mood disorders, as well as their family and friends.



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