

The Mood Gym: Overcoming Depression With CBT And Other Effective Therapies By Dr. Helen Christensen;Dr. Kathleen Griffiths

**By Dr. Helen Christensen;Dr. Kathleen
Griffiths**

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<http://www.mayoclinic.org/diseases-conditions/depression/in-depth/depression-and-exercise/art-20046495>

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http://www.bokus.com/cgi-bin/product_search.cgi?authors=Helen%20Christensen

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Helen Christensen, PhD, 1 Kathleen M Cognitive behavior therapy is well CBT programs have also been shown to be effective in preventing depression

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1761927/>

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<http://www.vanschaik.com/book/4e9b67d3a309c/>

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<http://zenhabits.net/6-practical-and-powerful-ways-to-overcome-depression/>

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<http://www.randomhouse.com.au/books/christopher-green/understanding-adhd-9781742744124.aspx>

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<http://www.moodjuice.scot.nhs.uk/Depression.asp>

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All of us feel anxious from time to time, but for one in six people in the UK chronic depression can become unbearable and severely disrupt everyday life.

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<http://www.eburypublishing.co.uk/browse/lifestyle-health/family-health-vf>

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