



# Insight into Depression (Waverley Abbey Insight Series)

*Chris Ledger, Wendy Bray*

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**Insight into Depression (Waverley Abbey Insight Series)** Chris Ledger, Wendy Bray

Based on the Waverley Abbey Insight Day on Depression, this book will help both those working with others through issues relating to depression, and those who are themselves sufferers. It aims to help us understand depression better by reflecting on individual experience, psychological research and professional practice.

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