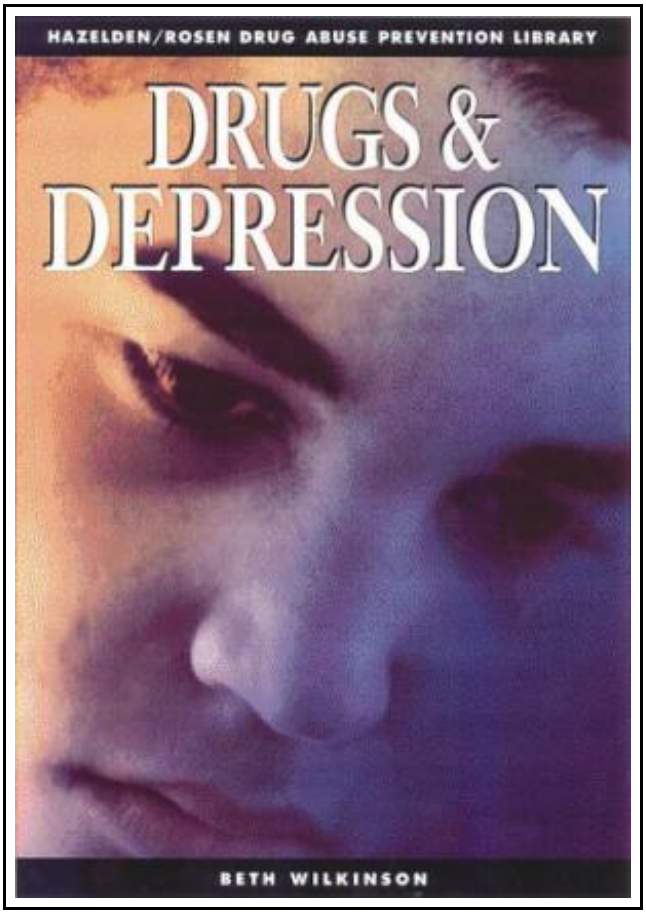
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Reviews

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Hazelden Publishing & Educational Services, 1997. Paperback. Book Condition: New. Hazelden Publishing & Educational Services 1997 New/ Gr 5-8-Wilkinson cautions that there is no ``quick fix'' for feeling ``down'' and that drug use hampers recovery and can cause worry and depression. She lists symptoms and describes various types of disorders, including SAD (seasonal affective disorder) and bipolar, or manic depression. A brief social history relates how our society glamorizes substance abuse, and how drugs have become big business. Suggestions and remedies offered are good ones; teens are advised to talk out their problems and to find counselors or support groups. Unfortunately, the writing style is stilted and the tone is didactic. Organization is muddled, resulting in a lack of focus. The author has an annoying habit of naming successful programs in schools and hospitals, but neglecting to identify the cities and states in which they are located. There are also flat statements made without giving medical or research references. Depression is said to be the most common mental disorder (it may well be), and ``most responsive to therapy'' (all types). Readers are told that case studies indicate that difficult family situations may contribute to certain disorders, but the explanations of how and why are not clear. Herma Silverstein's Teenage Depression (Watts, 1990) gives a more comprehensive view of the topic, and Cathie Cush's Depression (Steck-Vaughn, 1993) is an excellent self-help guide.-Libby K. White, Schenectady County Public Library, NY 1994 Cahners Business Information, Inc. --This text refers to the Paperback edition.

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