



# **Beyond Depression: A New Approach to Understanding and Management (Oxford Medical Publications)**

*Christopher Dowrick*

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Beyond Depression, written by a practicing GP, is a radical insiders' critique of prevailing views about the diagnosis and management of depression. It recommends alternative approaches based on enabling people in distress to generate a sense of purpose and meaning, with doctors concentrating on listening rather than prescribing. The book combines scientific analysis with extensive literary and philosophical sources and a series of sensitive case analyses.

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