

Anxiety and depression are common words, but what do they actually mean and how do we distinguish normal human emotions from conditions requiring help and treatment? How do we choose between the bewildering variety of medical treatments and talking cures and how can we ask for the right sort of assistance if we need it? This is an engaging book written in clear everyday language by an eminent clinical psychiatrist. Dr Pimm uses the best available scientific evidence mixed with stories and case histories. The aim is to provide clear and sensible information so that anyone struggling with these conditions can feel empowered to find the right way to take themselves forward. This is an indispensable guide for training purposes but also offers a breadth and depth that will enrich professionals, whatever the stage of their development. The author includes treatment guidelines, illustrations and rating scales and covers: • Obsessive compulsive disorder? • Phobias and agoraphobia? • Post traumatic stress disorder? • Attention Deficit Hyperactivity Disorder • Drugs and their side effects • Psychological treatments and lifestyle changes • How physical illness may affect the mood? • What to expect for the future

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