



## But You Look Just Fine: Unmasking Depression, Anxiety, Post-Traumatic Stress Disorder, Obsessive-Compulsive Disorder, Panic Disorder and Seasonal Affective Disorder (Paperback)

By Sahar Abdulaziz MS, Carol Sveilich Ma

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 150 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.A revelatory book that shows, through words and pictures, how people can appear one way on the outside while feeling quite differently on the inside. Those who live with a mood disorder often wear a social mask of normalcy and calm even though they are living with disruptive psychic pain on the inside. Some people may be carrying around a traumatic event from the past that causes great despair, or they may be in constant inner turmoil, yet they present as being just fine in appearance and demeanor. This unique and practical resource offers candid counsel and acts as a user-friendly guide of innovative information and compassion to those with depression, anxiety disorders and other mood disorders. It is also a unique tool for mental healthcare providers. Included are creative coping tools and heartfelt insight from those individuals who know firsthand what it s like to wake up with these disorders. The second volume in the JUST FINE series, this book offers a clear resource for individuals dealing with depression, anxiety, post-traumatic stress disorder, obsessive-compulsive disorder, panic disorder,...

### Reviews

*This composed book is excellent. This really is for all who statte that there had not been a worth reading through. Your life period will probably be change as soon as you total looking over this ebook.*

-- **Cheyenne Barrows**

*The book is fantastic and great. I have go through and i also am certain that i will planning to read through once more once more down the road. Its been printed in an exceedingly simple way and is particularly simply after i finished reading through this publication through which really changed me, change the way i think.*

-- **Hank Powlowski**