



Don't Be Sad: Fight the Winter Blues-Your Guide to Conquering Seasonal Affective Disorder

Celeste A. Peters

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Don't Be Sad highlights case studies of sufferers and details the latest treatment techniques including dawn simulation and other forms of light therapy, medication, diet, exercise and general lifestyle changes. It also discusses self-assessment, defines the disorder, explains its causes and details the symptoms. Plus, sufferers get current listings of clinics, practitioners and support groups for SAD.

Don't Be SAD can be a valuable guide out of the dark days of winter if, as winter approaches you become depressed, lose control of your appetite, crave starchy and sweet foods, feel incredibly fatigued or unable to get enough sleep.

In Don't Be SAD you can:

Take the self test to determine if you likely have seasonal affective disorder (SAD) and, if so, to what degree (full-blown SAD or its milder form, the winter blues.)

Discover how you can banish the winter blues and lighten SADness in less than a week using light therapy in your own home.

Read accounts of how others have conquered their SADness.

Benefit from useful tips on lifestyle changes, diet, exercises, light therapy and SAD information sources.

Learn how to re-design your home or office to brighten your mood.

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