



## What You Need to Know about Mental Health, Stress Depression (Paperback)

By Utibe Samuel Ebong

Createspace, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. This book entitled What You Need To Know About Mental Health, Stress Depression is a simplified self help guide for mental health. It is written for the laity with the aim of raising the reader s mental health awareness level. These mental health articles are strung up to help you understand what mental health is (as well as what it is not) and how to boost your mental wellness. In our society today, stress has been pinpointed to be one of the greatest causative factors behind certain illnesses and even death cases. In this book, conscientious efforts were made to define stress and stressors, emotional stress and its effects and ways of coping with stress. In this book also, you will find helpful tips about depression remedies and practical steps to take in order to improve your mental health wellness. This book is insightful and well simplified to provide concise, accurate and useful health information for mental health self help and to build your mental health awareness level.

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