

**Beating The Blues: New Approaches To Overcoming
Dysthymia And Chronic Mild Depression
By Susan S. Lang, Michael E. Thase**

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The particular angle of Beating the Blues is to focus on chronic mild depression (dysthymia). The authors state that this is an important and under-recognised journals.rcni.com/doi/full/10.7748/mhp.10.3.25.s25

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In Beating the Blues, Thase and Lang show how chronic mild a person needs to know in order to overcome mild depression. Title:Beating the Blues: New Approaches to Overcoming Dysthymia and Chronic Mild

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