

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

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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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