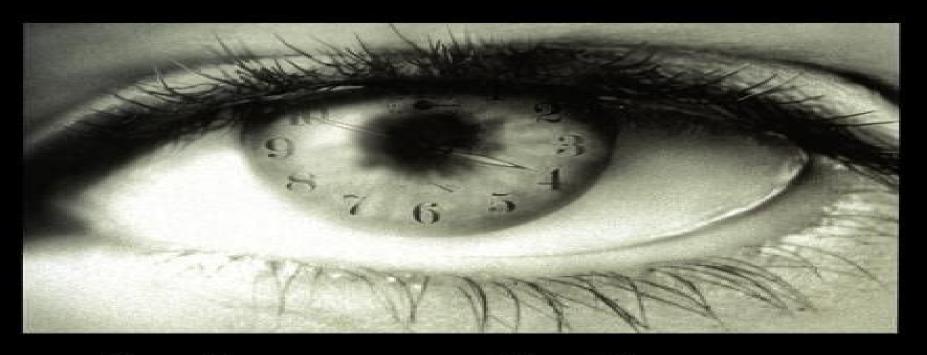
SLEEP THEF,

restless legs syndrome



BY VIRGINIA N. WILSON EDITED BY ARTHUR S. WALTERS, M.D.

Sleep Thief Restless Legs Syndrome

Robert Yoakum

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Insomniac is at once a field guide through the hidden terrain inhabited by insomniacs and a book of consolations for anyone who has struggled with this affliction that has long been trivialized and neglected *Depression and Anxiety in Later Life* Mark D. Miller, Charles F. Reynolds III, 2012-09-17 Depression and anxiety can be avoided or minimized through medication and therapy and by adapting to changing circumstances as we age Physical problems and emotional stresses such as bereavement health conditions pain concerns about the future side effects of medications and the accumulated effects of lifestyle choices may lead to depression or anxiety in older people However as Drs Mark D Miller and Charles F Reynolds III know these mental disorders are not a natural or an inevitable part of aging In Depression and Anxiety in Later Life these psychiatrists show how depression and anxiety can be avoided or minimized by adapting to changing circumstances while controlling risk factors and getting help when it s needed This reassuring book balances discussions of the causes symptoms and treatments of mental illness with descriptions of successful adaptive aging Case studies illustrate the less obvious depression symptoms of irritability disorganization and social withdrawal Readers will find information about memory loss pain sleep nutrition and end of life issues particularly helpful Aging can be challenging but it doesn t always lead to depression or anxiety Depression and Anxiety in Later Life will help older people their family members and caregivers make positive changes to take control of their own individual situations

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