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Disorders Anna, Wirz-Justice, Francesco, Benedetti, Michael, Terman, 2013-06-07 Light therapy is established worldwide as the treatment of choice for seasonal affective disorder It is also successfully used in nonseasonal depression as well as for many other psychiatric and neurologic illnesses and in sleep medicine Wake therapy is the fastest antidepressant known Imaging studies show that both methods share neurobiological substrates with antidepressants but act much faster Chronotherapeutics the combination of light and wake therapy achieves rapid results and by reducing residual symptoms also minimises relapse Written by three prominent clinical and research experts in biological rhythms this manual aims to broaden knowledge and practical application of these non pharmacologic interventions for bipolar and unipolar disorders Clinical understanding is deepened by an explanation of the circadian timing system and sleep regulatory mechanisms which underlie the novel treatment strategy The step by step guide and description of the interventions in centers throughout the world provides clear hands on instructions supported by a solid body of clinical research The first edition of Chronotherapeutics for Affective Disorders has kindled a network of psychiatrists and psychologists who are actively introducing these treatments for their inpatients and outpatients This manual is also essential reading for primary care physicians sleep medicine specialists and health care administrators *LIFE* ,1956-05-21 LIFE Magazine is the treasured

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