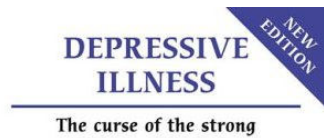


# Binscombe Medical Centre

## Book Recommendation



DR TIM CANTOPHER

- **Depressive Illness** The curse of the Strong
- **Dr Tim Cantopher**
- **Paperback:** 128 pages
- **Publisher:** Sheldon Press; Rev Ed edition (21 April 2006)
- **Language** English
- **ISBN-10:** 0859699749
- **ISBN-13:** 978-0859699747

*"This book is excellent, because it made me feel that I was not going mad, but just very stressed out, which led me to being depressed!" (Review posted on Amazon)*

*"This book has revolutionised the way I view myself and my depression." (Review posted on Amazon)*

An excellent book written by one of our local psychiatrists. It looks at the area of depression caused by burnout in a very practical and thought-provoking way.