



Depresión: No estas solo (Spanish Edition)

Apolo Zepeda

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Cuando una persona está deprimida, se alteran todos los aspectos de su vida social, laboral y familiar. ¿Sabía usted que del 10 al 20% de la población mundial tiene depresión? Esta enfermedad no se ocasiona por sí misma, para que se origine deben de existir diversos factores, como los sociales (la muerte de algún ser querido, un divorcio, etc.) o genéticos, pero... ¿cómo sé si estoy deprimido?. Existen diversas características por las que usted puede identificar si está deprimido, por ejemplo, si se siente triste todo el tiempo o tiene más o menos sueño que el de costumbre entre otros; sin embargo, lo más importante, además de informarse y acudir al médico, es que la depresión puede superarse.

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