

# Depression And The Body;: The Biological Basis Of Faith And Reality By Alexander Lowen

By Alexander Lowen

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## What causes depression? - Harvard Health -

(This article was first printed in Understanding Depression, a Special Health Report from Harvard Medical School.) It's often said that depression results

<http://www.health.harvard.edu/mind-and-mood/what-causes-depression>

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<http://www.delichaamswerker.nl/page5.php>

**Serotonin and Depression: 9 Questions and Answers -**

In terms of our body function, serotonin can also affect the functioning of our cardiovascular system, What is the link between serotonin and depression?

<http://www.webmd.com/depression/features/serotonin>

**11 Effects of Depression on the Body - Healthline -**

the Effects of depression on the Body . Depression is a mental disorder, but it can affect your physical health and well-being.

<http://www.healthline.com/health/depression/effects-on-body>

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## **NHS Choices | Clinical Depression -**

Clinical depression is more than simply feeling unhappy or fed up for a few days. When you're clinically depressed, you feel persistently sad for weeks or months.

<http://www.nhs.uk/Conditions/Depression/Pages/Introduction.aspx>

## **Depression and pain - Harvard Health -**

In those ways, it resembles depression, and the relationship is intimate. In the experience of pain, communication between body and brain goes both ways.

[http://www.health.harvard.edu/mind-and-mood/depression\\_and\\_pain](http://www.health.harvard.edu/mind-and-mood/depression_and_pain)

## **NIMH Depression -**

A detailed booklet that describes Depression symptoms, causes, and treatments, with information on getting help and coping.

<http://www.nimh.nih.gov/health/publications/depression/index.shtml>

## **"How Depression Affects Your Body." - WebMD -**

Depression is an emotional and physical disorder. WebMD explains how depression raises your risk for other diseases.

<http://www.webmd.com/depression/how-depression-affects-your-body>

## **Alexander Lowen - Breaking Down the Walls of -**

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<http://www.wallsofsilence.com/article.php?c=alexanderlowen&page=1>

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<http://www.worldcat.org/title/depression-and-the-body-the-biological-basis-of-faith-and-reality/oclc/28679007>

**Depression - National Cancer Institute -**

Depression is different from normal sadness. Depression is not simply feeling sad. Depression is a disorder with specific symptoms that can be diagnosed and treated.

<http://www.cancer.gov/about-cancer/coping/feelings/depression-pdq>

**anxiety and depression - Taking Charge of Your -**

Anxiety and depression are two of the most common mental health concerns in our society. They are often experienced as a complex set of emotional and functional

<http://www.takingcharge.csh.umn.edu/conditions/anxiety-depression>