



# **Common Co-Occurring Mental Health Conditions for Individuals with Irritable Bowel Syndrome and Effective Psychological Interventions: The Connection ... Depression, and the Most Effective Treatments**

*Dr. Nikki Mara Martinez*

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*Dr. Nikki Mara Martinez*

**Common Co-Occurring Mental Health Conditions for Individuals with Irritable Bowel Syndrome and Effective Psychological Interventions: The Connection ... Depression, and the Most Effective Treatments** Dr. Nikki Mara Martinez

This Book will give you an extensive background on experiencing, testing and diagnosing IBS. The major roles Anxiety, Stress, and Depression play in it, as well as what are believed to be the most effective treatments.



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