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**By Jan Scott**

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Jan Scott is the author of Overcoming Mood Swings (3.14 avg rating, 7 ratings, 1 review, published 2001), Cognitive Therapy in Clinical Practice (3.33 av

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Jan Scott is an internationally renowned expert in the use of cognitive behavioural therapy in the treatment of depression and bipolar disorder.

Overcoming Mood Swings Jan Scott London: Constable Robinson, 2001. pp. 258. 7.99 (paperback). Behavioural and Cognitive Psychotherapy.

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Prof Jan Scott (UK) Jan Scott is Professor of Psychological Medicine at the University of Newcastle, an Honorary Professor at the Institute of Psychiatry and a

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