

# Professor: 'Depression is like the worst disease you can get' (Video)

November 10 2009

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Depression must be understood on both a biological and psychological level, says Robert Sapolsky.

We've all felt a little blue, down in the dumps, or just plain sad. But when a serious [depression](#) sets in, it could be weeks, months or even years before the feeling lifts.

Provided by Stanford University ([news](#) : [web](#))

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