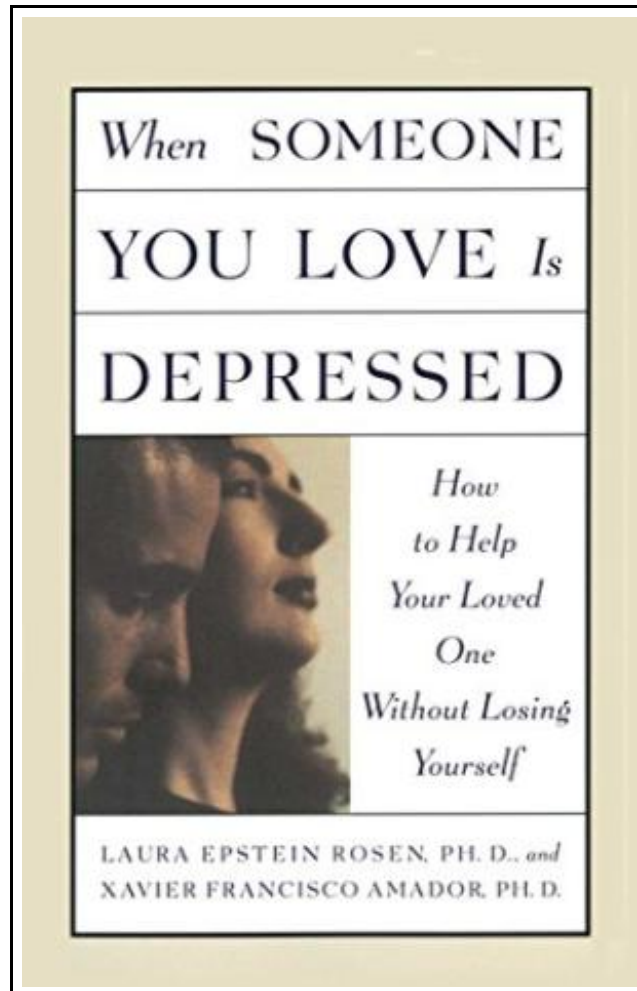


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(Lorena White)

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Prentice Hall (a Pearson Education Company), United Kingdom, 1997. Paperback. Book Condition: New. Reprint. 211 x 137 mm. Language: English . Brand New Book. Many books have been written for those suffering from depression, but what if you re suffering becuase someone you love is depressed? Research shows that if you are close to a depressed person, you are at a much higher risk of developing problems yourself, including anxiety, phobias, and even a kind of contagious depression. In this authoritative and compassionate book, psychologists Laura Epstein Rosen and Cavier Francisco Amador explain the mechanisms of depression that can cause communication breakdown, increase hostility, and ultimately destroy relationships. Through compelling real-life stories and step-by-step advice, the authors teach concrete methods that you and your loved one can use to protect yourselves and your relationship from depression s impact. Drawing on their own innovative research, the give sensitive guidance about how to recognize your needs, how to provide the best kind of support, and how to encourage the depressed person to seek treatment. Whether you are the partner, parent, friend, or child of a depressed person, you ll find this book and invaluable companion in you journey back to health.

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