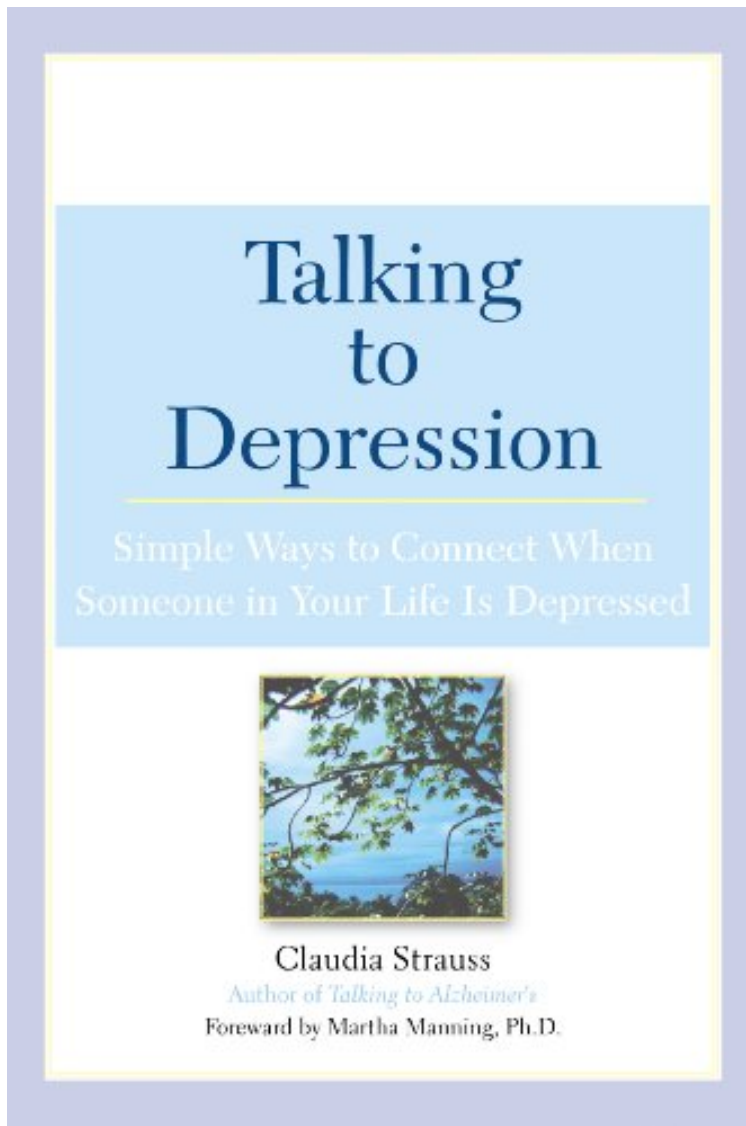


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Talking to Depression: Simple Ways To Connect When Someone In Your Life Is Depressed



Par Claudia J. Strauss
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Par Claudia J. Strauss : Talking to Depression: Simple Ways To Connect When Someone In Your Life Is Depressed before purchasing it in order to gage whether or not it would be worth my time, and all praised Talking to Depression: Simple Ways To Connect When Someone In Your Life Is Depressed:

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Description : Description du produitWhen someone suffers from depression, friends and family members naturally want to help-but too often their good intentions come out all wrong. This practical, compassionate guide helps readers understand exactly what their loved one is going through, and why certain approaches help and others have the potential to do damage. Talking to Depression offers specific advice on what to do and what not to do-and what to say and what not to say-to avoid frustration and give the kind of caring, effective support that will make a difference.

Prsentation de l'diteurWhen a friend or family member suffers from depression, we naturally want to helpbut too often our good intentions seem to come out wrong. We can feel guilty, or even angry, about the sheer difficulty in communicating with someone we love so much. This practical, compassionate guide can help you understand exactly what your loved one is going through, and why certain approaches help and others have the potential to do damage. Whether your loved one is receiving professional treatment or not, this guide addresses the vital role you can play in managing the day-to-day ups and downs, and speeding up recovery. By discussing common behaviors and situations, Talking to Depression offers specific advice on what to do and what not to dowhat to say and what not to sayto avoid frustration and give the kind of caring, effective support that really makes a difference. A prescriptive guide for genuine relating with loved ones experiencing depression. It touches the heart of ones inner experience.Jo Cohen Hamilton, Ph.D.From Publishers WeeklyThe author of Talking to Alzheimer's shares a simple, direct and effective approach for family and friends of those living and dealing with clinical depression. Strauss delves into specific scenarios with depressed loved ones, clearly explaining why certain responses and phrasing of comments are helpful while others are ineffective or seem like mere "stock phrases" to the person who is depressed. Strauss also explains that simply being there for the depressed person helps more than giving specific advice. "It isn't her job to listen to you; it's your job to listen to her. That's the best way to help her." Clinical psychologist Martha Manning, whose book Undercurrents offered a personal dimension to the illness, hits the exact note when she writes in the foreword that "dealing with depression is a collaboration." Strauss uses this approach throughout the book, explaining the unique ways in which the depressed mind works and, consequently, how others can better connect with that way of thinking through appropriate conversation, body language and practical support. When viewed individually, these suggestions may seem like ways to tiptoe around the depressed person, but altogether they are considerate and sensitive methods of communicating in any type of relationship. Strauss's insight applies to the day-to-day battles alongside the depression sufferer, but she also stresses how much can be learned from these strong individuals: "In physical battles, we celebrate the bravery of the soldier who falls. The bravery of the psychological warrior is no less." Copyright Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.Prsentation de l'diteurWhen a friend or family member suffers from depression, we naturally want to helpbut too often our good intentions seem to come out wrong. We can feel guilty, or even angry, about the sheer difficulty in communicating with someone we love so much. This practical, compassionate guide can help you understand exactly what your loved one is going through, and why certain approaches help and others have the potential to do damage. Whether your loved one is receiving professional treatment or not, this guide addresses the vital role you can play in managing the day-to-day ups and downs, and speeding up recovery. By discussing common behaviors and situations, Talking to Depression offers specific advice on what to do and what not to dowhat to say and what not to sayto avoid frustration and give the kind of caring, effective support that really makes a difference. A prescriptive guide for genuine relating with loved ones experiencing depression. It touches the heart of ones inner experience.Jo Cohen Hamilton, Ph.D.