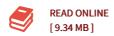




When Depression Hurts Your Relationship: How to Regain Intimacy and Reconnect with Your Partner When You re Depressed (Paperback)

By Shannon Kolakowski

New Harbinger Publications, United States, 2014. Paperback. Condition: New. Language: English. Brand New Book. If you we sought treatment for and have been diagnosed with depression, you have made a huge first step toward healing and creating a happier life. But sometimes there are growing pains along the way, and if you are in a relationship, often your partner will feel these pains right along with you. When you are feeling depressed, you may worry that you aren't good enough for your partner, or become irritable around them. You may even push them away when you feel like your emotions are beyond your control. In addition, your sense of intimacy may diminish, and your sex life may fizzle as a result of fatigue and medications. The hard truth is that feelings of isolation, worthlessness, and tiredness can all take a hefty toll on your love life. But you don't have to let clinical depression be the demise of your relationship. Using an integrative approach based in mindfulness, interpersonal psychotherapy (ITP), acceptance and commitment therapy ACT), and cognitive behavioral therapy (CBT), When Depression Hurts Your Relationship offers practical skills to help readers with depression reignite intimacy with their partners. If you...



Reviews

An incredibly wonderful book with perfect and lucid explanations. It normally is not going to price a lot of. I am just very happy to tell you that this is the greatest pdf we have go through within my personal lifestyle and could be he finest book for at any time.

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This is basically the greatest pdf i actually have go through till now. It is definitely simplistic but surprises within the fifty percent in the ebook. I am easily will get a delight of studying a published ebook.

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