



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've 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...

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