



# When Someone You Love is Depressed: How to Help Your Loved One Without Losing Yourself

*By Laura Epstein Rosen, Xavier Francisco Amador*

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## **When Someone You Love is Depressed: How to Help Your Loved One Without Losing Yourself** By Laura Epstein Rosen, Xavier Francisco Amador

Many books have been written for those suffering from depression, but what if you're suffering because 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 Xavier 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, they 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 an invaluable companion in your journey back to health.

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### **Editorial Review**

From Library Journal

Feeling overburdened by your elderly depressed mother? Or maybe you're a parent worried about your withdrawn son. In either instance, this latest title from Rosen, director of family therapy at Columbia Presbyterian Medical Center, can help. Rosen's work is not as much about the causes and symptoms of depression as about how depression affects relationships. The author's ultimate goal is to help readers learn strategies to counter interaction problems, and she succeeds in this attempt. This empowering title will help readers and their loved one to speed their recovery and to safeguard the relationship against the weight of depression. Every chapter provides step-by-step guidelines for countering the negative effects of depression; special circumstances such as substance abuse or suicidal inclinations are also addressed. This is a solid purchase for all psychology collections. ?Marty Dean Evensvold, Magnolia P.L., Tex.  
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From [Booklist](#)

Those unfortunate souls who suffer from clinical depression experience extended periods of bleakness so intense it can render them unable to function. But other victims of this disease include the spouses, families, and friends of the depressed, and it is for them that psychologists Rosen and Amador have written this hopeful and empowering guide. When a loved one is afflicted with depression, it is not uncommon for those around them to feel anger, frustration, and despair. Physical ailments are common, too. After showing how to recognize depression in someone else, the authors discuss ways for friends and family to safeguard their own mental and physical health while aiding the depressed person. One key is to appreciate the inevitable communication problems between depressed people and others and to then work through this difficulty. Throughout, the message is that self-education leads to positive change. *Brian McCombie*

Review

Peter Kramer author of *Listening to Prozac* Doctors Rosen and Amador perform a valuable service by posing the important questions: How do you cope with depression when it intrudes on an intimate relationship? Their answers contain practical wisdom that will allow readers to make concrete decisions affecting their own well-being and that of someone they love.

Herbert Pardes, M.D. Dean of the Faculty of Medicine and Vice President of Health Sciences, Columbia University College of Physicians and Surgeons A wonderfully sensitive book of benefit to the many people in this country who suffer from the depression their families, loved ones, and friends experience. Its compassion along with its practical problem-solving suggestions will make it invaluable.

### **Users Review**

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**Gail Kernan:**

What do you think of book? It is just for students as they are still students or it for all people in the world, the particular best subject for that? Simply you can be answered for that problem above. Every person has several personality and hobby for each other. Don't to be pushed someone or something that they don't desire do that. You must know how great and also important the book *When Someone You Love is Depressed*:

How to Help Your Loved One Without Losing Yourself. All type of book is it possible to see on many resources. You can look for the internet methods or other social media.

**Donald Perkins:**

Do you one among people who can't read gratifying if the sentence chained inside the straightway, hold on guys this aren't like that. This When Someone You Love is Depressed: How to Help Your Loved One Without Losing Yourself book is readable by you who hate those straight word style. You will find the data here are arrange for enjoyable reading experience without leaving possibly decrease the knowledge that want to give to you. The writer associated with When Someone You Love is Depressed: How to Help Your Loved One Without Losing Yourself content conveys objective easily to understand by lots of people. The printed and e-book are not different in the content but it just different as it. So , do you nonetheless thinking When Someone You Love is Depressed: How to Help Your Loved One Without Losing Yourself is not loveable to be your top record reading book?

**Amber Payne:**

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**Caroline Edwards:**

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