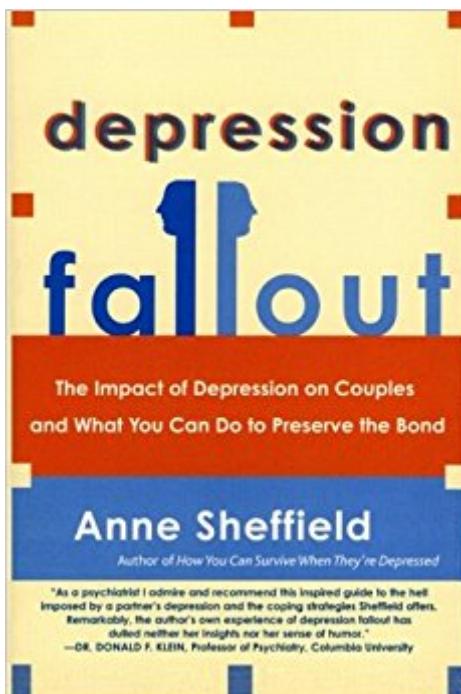


The book was found

# Depression Fallout: The Impact Of Depression On Couples And What You Can Do To Preserve The Bond



## **Synopsis**

Using the vivid, poignant and personal stories of the members of a website support group she founded ([www.depressionfallout.com](http://www.depressionfallout.com)), Anne Sheffield, the author of two highly acclaimed books on depression, provides an honest record of what happens to a love relationship once depression enters the picture, and offers solid advice on what the non-“depressed partner can do to improve his or her own life and the relationship. Of the millions of people who suffer from a depressive illness, few suffer in solitude. They draw the people they love – spouses, parents, children, lovers, friends – into their illness. In her first book, *How You Can Survive When They're Depressed*, Anne Sheffield coined the phrase 'depression fallout' to describe the emotional toll on the depressive's family and close friends who are unaware of their own stressful reactions and needs. She outlined the five stages of depression fallout (confusion, self-“doubt, demoralisation, anger, and the need to escape) and explained that these reactions are a natural result of living with a depressed person.

## **Book Information**

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Average Customer Review: 4.4 out of 5 stars – See all reviews (71 customer reviews)

Best Sellers Rank: #95,716 in Books (See Top 100 in Books) #135 in Books > Health, Fitness & Dieting > Mental Health > Depression #278 in Books > Health, Fitness & Dieting > Psychology & Counseling > Counseling #665 in Books > Parenting & Relationships > Marriage & Adult Relationships

## **Customer Reviews**

An important book I will be immediately recommending. I have always included the topic of the effects of depression on relationships, marriages, and families when I give talks on depression, but you seldom find the topic addressed at length. Finally, someone has given it the attention it needs. Author Anne Sheffield, who grew up with a depressed mother and has suffered from depression herself (and who acknowledges she has inflicted that suffering onto her relationships), knows her subject and it shows. Her knowledge has grown via the thousands of visitors to her

website message board [...] who write of their struggles and lessons from being the partner of someone depressed. A post on this message board prompted and grew into this book. Depression Fallout helps you understand what depression looks and feels like from the sufferer's viewpoint as well as from their partner's (and their children's) perspective. People who are depressed have similarities. They tend to devalue themselves and their relationships. They erode bonds by their self centered, pessimistic, and irritable tendencies. Their depression confuses them - one day they don't know what they feel, the next day they need you, and the following day they've decided they never loved you to begin with. Depression fallout is what happens to you if you're on the receiving end of this illness. You probably move through stages of confusion, self-blame, demoralization, resentment, and a longing to be free of your partner and their depression. If this is you, please read the book. You'll find stories to bolster your sagging self esteem and you'll learn ways to handle your communication with your partner.

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