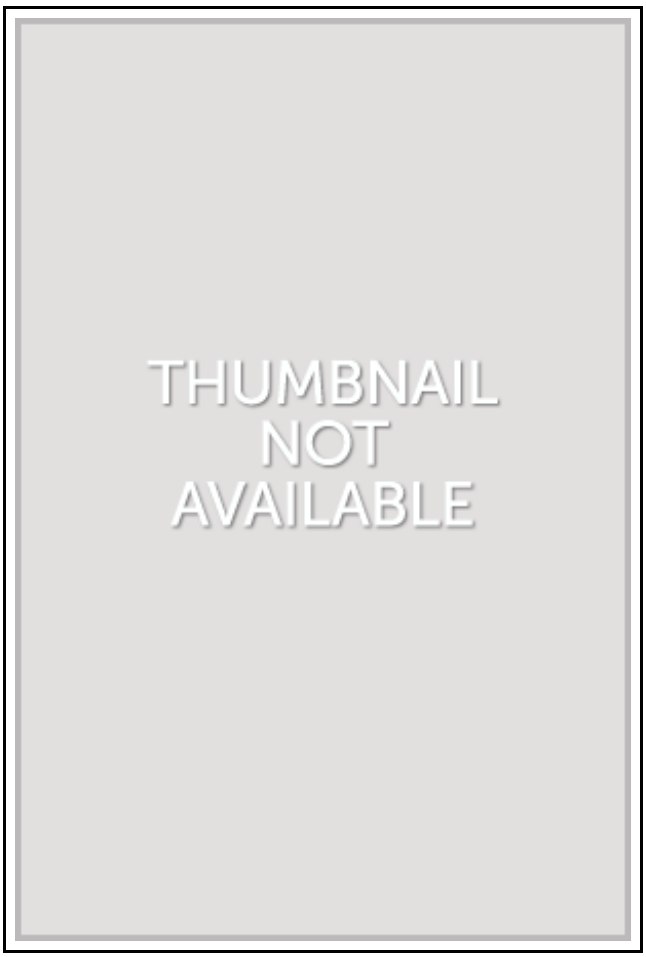
Children of the Depressed: Healing the Childhood Wounds That Come from Growing Up with a Depressed Parent



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Reviews

An exceptional publication and also the typeface applied was fascinating to learn. It normally will not expense excessive. Your life period will be transform once you comprehensive looking over this pdf.
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New Harbinger Publications. Paperback. Book Condition: new. BRAND NEW, Children of the Depressed: Healing the Childhood Wounds That Come from Growing Up with a Depressed Parent, Shoshana S. Bennett, Have you ever wondered, Why am I so negative? or Why is my life so chaotic? Whether or not your parent was ever formally diagnosed with depression, you've probably always known there was something different about your upbringing. And even though you've grown up and moved on, you may still feel the after-effects of living with your parent's illness. In Children of the Depressed, a depression expert helps adult children understand and overcome common problems that stem from growing up with a depressed parent, such as poor communication skills and negative self-talk. Using skills and practices rooted in cognitive behavioral therapy (CBT), you will learn to shed the old dynamics and ways of thinking that have been weighing you down and keeping you from enjoying healthy relationships and the life you deserve. Most books on depression only focus on getting help for the depressed person. This book is written for you, the adult child of parents with who have struggled with depression. You need emotional healing after a dysfunctional childhood, and most importantly-you need an opportunity for your voice to be heard. You don't have to become stuck in the past. By identifying and recognizing the feelings you experienced at a young age, you will start laying the groundwork for a happier and healthier life-socially, physically, emotionally, and psychologically.

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