
CONTAGIOUS EMOTIONS

Staying Well When
Your Loved One Is
Depressed

RONALD M. PODELL, M.D.,

WITH PORTER SHIMER

Contagious Emotions Staying Well When Your Loved One Is Depressed

Sharon L. Hanna



Contagious Emotions Staying Well When Your Loved One Is Depressed:

Contagious Emotions Ronald M. Podell, M.D., Claire Zion, Porter Shimer, 1993-06-01 A guide for friends and relatives of those suffering from depression presents case histories of the codependent nature of depression *Contagious Emotions*

Ronald M. Podell, Porter Shimer, 1992 Just as laughter is infectious so is depression Based on groundbreaking research and clinical advances at his highly respected Center for Mood Disorders in Los Angeles Dr Ronald Podell offers support and reassurance for the millions of people who suffer in the shadow of a loved one's depression **Contagious Emotions**

Ronald M. Podell, 1995-07-01 What to Do When Someone You Love Is Depressed Mitch Golant, Ph.D., Susan K.

Golant, 2012-08-15 This compassionate helpful book will bring hope and comfort to the loved ones of those who struggle to

overcome the most common of mental illnesses Rosalynn Carter When someone you love is depressed you feel lost afraid

confused you long for the person who was you don't recognize who he or she has become you feel shut out you feel angry and

frustrated you feel drained you are desperate for a way to connect you feel guilty and alone you will do anything to help What

motivates me now is to share with you what I've learned about how to cope when someone you love is depressed What I have

discovered from years of training and from having counseled hundreds of families who have shared their sorrows and their

joys is that there are ways you can help someone you love who is depressed And in that process you will grow closer from

What to Do When Someone You Love is Depressed

What to Do When Someone You Love Is Depressed, Second Edition Mitch Golant, Ph.D., Susan K. Golant, 2007-08-07 Originally published New York Villard Books 1996 Helping

Someone with Mental Illness Rosalynn Carter, Susan Golant, M.A., 2011-10-05 The first thing you need to know is that life isn't

over The good news writes Mrs Carter in Helping Someone with Mental Illness is that with proper diagnosis and treatment

the overwhelming majority of people with mental illness can now lead productive lives Based on Mrs Carter's twenty five

years of advocacy and the latest data from the Rosalynn Carter Symposia for Mental Illness her book offers step by step

information on what to do after the diagnosis seeking the best treatment evaluating health care providers managing

workplace financial and legal matters Mrs Carter addresses the latest breakthroughs in understanding research and

treatment of schizophrenia depression manic depression panic attacks obsessive compulsive disorder and other mental

disorders She also discusses the emotional and psychological issues in caregiving for people with mental illness and offers

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is also a rich clearinghouse that guides readers to hundreds of specialized resources including organizations hot lines

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Prescription for Nutritional Healing, Sixth Edition Phyllis A. Balch CNC, 2023-03-28 The nation's 1 bestselling guide to natural remedies totally revised and

updated This fully revised edition includes both time honored proven strategies and the latest science to arm you with the

best natural therapies for your health In this volume a reference work of unparalleled authority the updated material

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20/20 Thinking Maggie Greenwood-Robinson, 2003-03-24 In this dynamic hopeful and insightful book Maggie Greenwood Robinson shows us the natural methods we should use now to keep our brains sharp and our memories intact through our later years Drawing on the very latest research on the brain she demonstrates that simple changes to nutrition and mental outlook can greatly reduce the likelihood of developing age related disorders such as Alzheimer's disease depression memory loss and a host of other problems related to mind and mood 20/20 Thinking cuts through the difficult scientific jargon and provides hundreds of suggestions for prevention preservation and self improvement Topics covered include 12 miracle pills and potions that improve mental acuity 17 brain protective phytochemicals from foods 10 top strategies for delaying Alzheimer's disease 10 dietary supplements to intensify your concentration 4 main dementias what you need to know to halt memory loss The secrets of lifelong mental agility and acuity are within our grasp naturally effectively and immediately with 20/20 Thinking

Out of the Blue John Rapping, 2000

Person to Person Sharon L. Hanna, 1995 This book offers a positive approach to encouraging healthy interactions and relationships in a variety of real life situations It features chapters on personal understanding and self enhancement improving interpersonal communication skills and developing and enriching different types of relationships

The Many Faces of Abuse Joan Lachkar, 1998-05 The subject is emotional abuse the ongoing process whereby one person attempts to destroy the will needs desires or perceptions of another The object is the well educated high functioning professional woman Dr Joan Lachkar examines the origins and early warning signs of the psychological violation she describes as a dance between abuser and abused She goes on to introduce typologies of each the narcissistic or passive aggressive abuser the unentitled self and to explore the bases for their collusive attachments Addressing therapeutic functions like empathy containment and countertransference and following a couple's evolution from a state of fusion through transitional two-ness to emerging separateness dependent and interdependent Dr Lachkar applies her psychodynamic approach to treatment informed by object relations and self psychology and complete with guidelines for technique and practical suggestions for the couple

Every Woman's Body Diana Korte, 1994 A definitive guide no home medical library should be without it EVERY WOMAN'S BODY is a book of extraordinary depth and information that is beautifully easy to read KARLA MORALES VICE PRESIDENT PEOPLE'S MEDICAL SOCIETY A thorough comprehensive and completely and informative alphabetical listing of medical conditions what to expect and what to do for them from abortion AIDS Alzheimer's Disease and Anemia to Uterine Fibroids Uterine

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 Quill & Quire ,1992 *The Publishers Weekly* ,1993 *Prescription for Nutritional Healing* James F. Balch,Phyllis A.
Balch,1997 In library use only Reference guide to remedies vitamins minerals and herbs The Cumulative Book Index
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In a digitally-driven earth where displays reign supreme and quick conversation drowns out the subtleties of language, the profound strategies and mental nuances concealed within phrases usually get unheard. However, situated within the pages of **Contagious Emotions Staying Well When Your Loved One Is Depressed** a charming literary value blinking with natural thoughts, lies an exceptional journey waiting to be undertaken. Published by a talented wordsmith, this wonderful opus attracts visitors on an introspective trip, gently unraveling the veiled truths and profound affect resonating within the very material of each and every word. Within the emotional depths of this touching evaluation, we can embark upon a genuine exploration of the book is key subjects, dissect its interesting publishing style, and yield to the strong resonance it evokes serious within the recesses of readers hearts.

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