



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

By Shoshana S. Bennett

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...



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Relevant Books



Depression: Cognitive Behaviour Therapy with Children and Young People

Taylor Francis Ltd, United Kingdom, 2009. Paperback. Book Condition: New. 242 x 174 mm. Language: English . Brand New Book. In recent years there has been an increase in research into childhood depression, and it is now recognised that depression can severely...



Crochet: Learn How to Make Money with Crochet and Create 10 Most Popular Crochet Patterns for Sale: (Learn to Read Crochet Patterns, Charts, and Graphs, Beginner s Crochet Guide with Pictures)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Getting Your FREE Bonus Download this book, read it to the end and see BONUS: Your FREE Gift chapter after...



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Rarebooksclub.com, United States, 2013. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.This historic book may have numerous typos and missing text. Purchasers can usually download a free scanned copy of the...



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Sourcebooks, Inc. Paperback / softback. Book Condition: new. BRAND NEW, You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most, Patricia Hermes, Thirteen-year-old Sarah Morrow doesn't think much of the fact that her mother winced a little...