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Understanding The Depressed Person: Gain Compassion Through Learning Why Depressed People Act The Way They Do (Understanding Depression, Dealing With A ... Coping With Depression Disorder Book 3)

Cindy Help

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Everything You Need For Understanding Why Someone With Depression Does The Things They Do Is In This Kindle Book

Are you frustrated with the behaviors of a friend, family member, co-worker, child or spouse who suffers with depression?

Do you find yourself feeling rejected, neglected or abandoned at times because the person in your life invests a lot of time trying to stay emotionally and chemically balanced, but excludes you in the process?

Do you get angry with your depressed loved one and then feeling guilty afterward as you realize they have little control over their emotions?

Do you get irritated when your significant other breaks the plans you have for spending time together because they are feeling depressed or anxious?

Do you lose your temper when you come home from a hard days work to find dishes in the sink, the house a mess, the laundry piled up and your depressed spouse, roommate, boyfriend or girlfriend sitting on the couch watching TV or reading a book?

Do you find yourself worrying about the person you love who suffers from depression because they may attempt to take their own life?

Does it feel as though your life revolves around how the depressed person is feeling most of the time?

If you identified with some of those questions, then the wisdom Cindy Help offers about understanding the depressed person will help you.

When You Finish This Kindle Book About Depression You Will Understand:

- How a depressed person feels
- What triggers depression
- What depressed people fear and believe
- What chronic and situational depression are like
- How medications affect a depressed person’s mood
- What depressed people need

From The Author

Depression is a serious disorder that millions of people suffer from despite being treatable. It affects people from all walks of life, from children to old people. It can disrupt a person’s daily routine, cause them to lose motivation in life and bring about suffering for them and their loved ones.

If your loved one is depressed, you might feel frustrated, angry, helpless, scared, sad and guilty all at the same time. These are normal emotions for people who are watching someone they love suffer from depression.

The most important step towards helping a depressed loved one is to understand what they are going through with depression. This includes what they feel like physically, mentally, emotionally and spiritually; what triggers the condition; what they are afraid of; how their medications affect them and what they really need to recover from depression, from eating a balanced diet and exercising regularly to socializing and staying motivated in life.

Tips From This Kindle Book About Understanding A Depressed Person

The most common, yet surprising, triggers of depression include the following:

1. Smoking. *Some people suggest that smoking can cause depression, whereas others argue that the opposite is true, and that depression brings about smoking. Nonetheless, one thing that’s for sure is that nicotine changes the brain’s neurotransmitter activity, leading to an increased release of serotonin and dopamine that leads to mood swings during withdrawal. People can maintain a better chemical balance in their brain if they don’t smoke at all.*

2. Poor sleeping habits. *The less sleep you have, the more irritable you get and the more at risk you are of experiencing depression. Without proper sleep, the brain can’t function well and this can trigger depression, according to experts...*

Depressed People Fear or Believe
The biggest fear among depressed people is the fear of judgment. It is hard for them to open up to other people, trust them and tell them about their struggles during their depressive episodes...

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From reader reviews:

Elizabeth Talbot:

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