

Sorrow's Web



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出版者:S & S

出版时间:2001-12

装帧:

isbn:9780684870861

One of every four women suffers from depression at some point in her life, often during the prime childbearing years, yet most fail to recognize the telltale signs of this common, treatable illness and its potentially negative effects on the children of all ages. Drawing on her experience as both a child of a depressed mother and as a depressed mother herself, as well as on extensive research by experts in psychiatry, psychology, and child development, Books for a Better Life award winner Anne Sheffield offers advice on how to: recognize the symptoms of depression and protect children from their impact choose among the range of medical and psychotherapeutic options available outline a strategy for fathers that will help them and the marriage weather the crisis ensure that the illness does not return As the first book to demystify, destigmatize, and humanize a long-taboo subject, Sorrow's Web points the way to sustaining and regaining a loving relationship between mother and child.

作者介绍:

目录:

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