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Depression Fallout Anne Sheffield E book

In her first book, How You Can Survive When They're Depressed, Anne Sheffield coined the phrase 'depression fallout' to describe the emotional toll on the depressive's family and close friends who are unaware of their own stressful reactions and needs. She outlined the five stages of depression fallout (confusion, self doubt, demoralisation, anger, and the need to escape) and explained that these reactions are a natural result of living with a depressed person.

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This new book, Depression Fallout: The Impact of Depression on Couples and What You Can Do to Preserve the Bond is largely based on the many postings on the website message boards. It's main message to readers is that they are not alone, and it sets out the many shared experiences of people who are in couples with depressed partners.

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Depression fallout is the emotional toll on the depressive's family and close friends who are unaware of their own stressful reactions and needs. Sheffield outlines the five stages of depression fallout: confusion, self-doubt, demoralization, anger, and finally, the desire to escape.

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