



# Sharing the Load : What to do when someone you love is depressed

Gwendoline Smith

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### Sharing the Load: What to do when someone you love is depressed

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Sharing the Load: What to do when someone you love is depressed Gwendoline Smith

The author, a clinical psychologist, has worked with many depressed people, but it wasn't until she suffered depression herself that she fully appreciated the fears that can prevent effective treatment. This book combines personal experience, clinical information and commonsense advice for everyone dealing with depression.



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