



# Dancing in the Dark: How to Take Care of Yourself When Someone You Love Is Depressed

*Bernadette Stankard, Amy Viets*

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**Dancing in the Dark: How to Take Care of Yourself When Someone You Love Is Depressed** Bernadette Stankard, Amy Viets

Dancing in the Dark is brimming with tried-and-true suggestions, helpful hints, and up-to-date resources for anyone whose life is affected by the depression of another. Authors Bernadette Stankard and Amy Viets offer compassionate wisdom, reflective quotations, and practical assistance based on their personal experience of life with depressed partners.

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