



Coping with the Psychological Effects of Illness: Strategies to Manage Anxiety and Depression

By Fran Smith, Robert Bor, Carina Eriksen

SPCK Publishing. Paperback. Book Condition: new. BRAND NEW, Coping with the Psychological Effects of Illness: Strategies to Manage Anxiety and Depression, Fran Smith, Robert Bor, Carina Eriksen, There is a lack of general books on coping with illness - most are condition-specific Strong, specialist authors Traditional Sheldon topic Focus on illness-related anxiety and depression, two major Sheldon subjects Empowering advice to meet the limits of medical help Sudden, severe ill health comes as a shock and presents several challenges, most notably, loss of confidence. Suddenly people are afraid to take exercise, have sex or even go to the shops. Their entire self-image takes a battering, and this roller-coaster of uncertainty often leads to anxiety and depression. This book looks at the learning curve involved in sudden and chronic illness, and explores key ways to build psychological resilience during this time of challenge. Whether it concerns cancer, heart disease, diabetes, or a mental health condition, it explores the common psychological issues that arise when someone's usual health and routine are disrupted, and discusses the impact of illness on relationships and family. Drawing on CBT techniques, it offers practical self-help strategies to help deal with people's changed expectations of themselves, and with...



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Reviews

It is one of my personal favorite publications. It is actually really fascinating through reading through period of time. It has been printed in an extremely basic way in fact it is just after I finished reading through this ebook by which basically transformed me, change the way in my opinion.

-- **David Weber**

Thorough manual! It's this kind of excellent study. It really is written in straightforward terms and never difficult to understand. I am very happy to inform you that this is basically the very best pdf we have read through during my individual existence and could be the greatest ebook for possibly.

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