



## Loving Someone with Anxiety: Understanding and Helping Your Partner (Paperback)

By Kate N. Thieda

New Harbinger Publications, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book. Loving Someone with Anxiety is one of the few books written specifically for the partners of people with anxiety disorders. The book is designed not only to aid you in helping your partner cope with anxiety and worry, but also to help you take care of your own needs. Inside, you ll learn the importance of setting healthy boundaries, limiting codependent behaviors, and why taking over roles that make your partner anxious-such as answering the phone, driving, or doing the grocery shopping because your partner feels too anxious to be in public-can be extremely damaging for the both of you.Codependency in relationships with an anxious partner can lead to resentment, anger, and a sense of helplessness on your side. This book will help you and your partner overcome these negative behaviors, build better communication and a stronger personal connection.Written by a licensed professional counselor who specializes in helping the partners of those with mental illnesses , this book is the resource that you have been looking for to help you understand your anxious partner and keep anxiety from sabotaging your relationship.



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