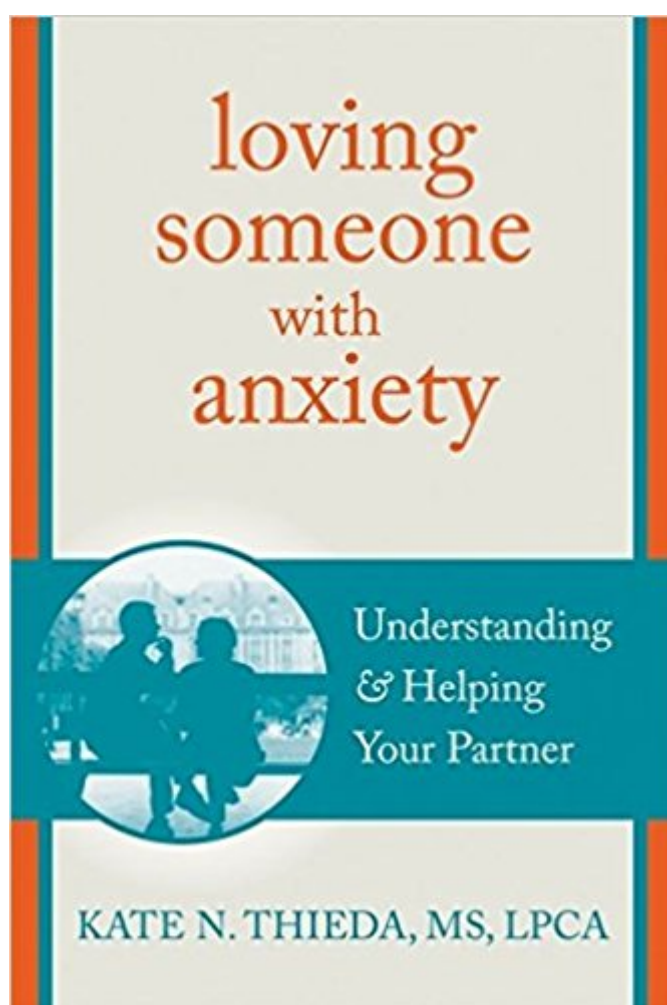


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# Loving Someone With Anxiety: Understanding And Helping Your Partner (The New Harbinger Loving Someone Series)



## Synopsis

Dealing with an anxiety disorder is hard, but loving someone with an anxiety disorder can be equally as difficult. If your partner suffers from extreme anxiety, they may have panic attacks, constantly be voicing their worried thoughts, or may not be able to participate in social events because of a fear of social settings. No matter how compassionate you are, you may sometimes feel frustrated, unable to help, and even find your own life restricted—all of which can lead to conflict, resentment, miscommunication, and ultimately, an end to the relationship altogether. *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.

## Book Information

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## Customer Reviews

• For the person whose loved one has anxiety, or for the person with anxiety himself or herself, Kate N. Thieda's book is practical and solution-oriented. Especially reassuring is that the author blames no one, nor does she claim to teach the reader how to 'fix' anyone. She offers both understanding of the anxious behavior and tools to change one's response to it. •

• Kristi Webb, PsyD, licensed psychologist, DBT therapist, and a specialist in depression, anxiety, and trauma • As an anxiety disorder specialist, I frequently see my clients' loved ones at their wits' end • not knowing what to do, how to help, or how to cope. If your loved one suffers from anxiety, I strongly encourage you to read this book. •

• Julie Pike, PhD, licensed psychologist and expert in the treatment of anxiety disorders • This is a very easy-to-read book that provides a clear understanding of the ways that anxiety affects relationships. As Kate N. Thieda points out, good communication is critical in any successful relationship • and especially one that is hampered by anxiety. This book presents readers with important information on how to use effective communication strategies and other techniques for improving relationships impacted by these problems. •

• Jonathan S. Abramowitz, PhD, ABPP, professor and associate chair of psychology at the University of North Carolina (UNC) at Chapel Hill, director of the UNC Anxiety and Stress Disorders Clinic • Countless clients with anxiety ask about a book that will teach their partners about anxiety and offer suggestions for how to help. At last, this is that book! With compassion and practicality, the author offers an understanding of how anxiety impacts a relationship, as well as excellent strategies for how to tackle anxiety and stay strong as a couple. This is a must-get book for anyone loving someone with anxiety. •

• Annette R. Perot, PhD, licensed psychologist specializing in the treatment of anxiety disorders • A must-read for partners living with a love one experiencing any form of anxiety! Through both partners' eyes, Thieda provides robust and engaging content on the common thought patterns, reactions, and behaviors creating anxiety, along with reflective questions, exercises, interpersonal tools, and strategies for supporting loved ones. She skillfully incorporates mindfulness strategies (including affirmation and self-care) as enhancing practices for living in the present moment, dissolving anxiety, and promoting inner calmness. Kate's book is chock-full of helpful examples, insights, and resources for both partners! •

• Judith C. Holder, PhD, director at Duke Occupational Mental Health Programs, leadership and life coach-consultant, and author of Mastering Life's Adventures: On the Beam

Kate N. Thieda, MS, LPCA, NCC, is a licensed professional counselor associate, national certified

counselor, and psychotherapist in Durham, North Carolina. She is the creator of the blog Partners in Wellness on the award-winning website psychcentral.com, targeted to partners of those who have mental illness. She graduated with her bachelor of arts from Michigan State University and a master of science in counseling from the University of North Carolina at Greensboro.

Good perspective and helped realize the struggle from both sides is very much common.

Recommend not only those who have loved ones with anxiety but those with anxiety as well read.

The book was easy to read without getting too complicated. Gave a good overview of what anxiety is and how, as a partner, you can expect and look after yourself.

Interesting and I gained extra knowledge about living and loving someone with anxiety ,, I know it's not easy,, but with knowledge anything is possible

This has been extremely helpful for my boyfriend and I. It goes into just enough detail to explain, but not so much that you feel overwhelmed. This book is truly awesome. I recommend for anybody who is a novice to having a partner with anxiety.

Wonderful and insightful book for the spouse who as at wits end!

Very helpful book for people with anxiety and people who have loved ones with anxiety! Highly recommend this book for all!

Not much new here but the suggestions are solid.

Great, helpful resource.

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