



# Let Me Sow Light: Living with a Depressed Spouse

*Amy Viets, Bernadette Stankard*

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Living with a clinically depressed spouse is one of the most challenging situations a person can experience.

In *Let Me Sow Light*, two women who have been there offer practical and spiritual reflections on how to survive the serious depression of a husband or wife and come out even stronger in the end.

*Explores depression's effects on:*

- Children
- Finances
- Sexuality
- Faith

Addresses real issues, such as:

- Getting help for your spouse and yourself
- Explaining your spouse's illness to others
- Being forced to make all the family decisions
- Dealing with job and income loss
- Letting go of your guilt and anger
- Losing faith in God

In language that is refreshingly frank, the authors use their own experiences and those of others to help both men and women learn to cope with the changes that depression can bring to a marriage.

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