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Is He Depressed or What?: What to Do When the Man You Love Is Irritable, Moody, and Withdrawn

David B. Wexler

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Millions of women ask themselves the same question every day. They wonder whether their husband or boyfriend's short temper, tendency to withdraw, and mysterious physical complaints might be signs of some deeper problem. Is he depressed, they wonder, or what? The tricky part of recognizing male depression is that, very often, it doesn't look like depression at all. Depressed guys often mask their depression with workaholism or substance abuse. Sometimes they withdraw from their relationships or lash out in defensive (and sometimes aggressive) ways.

If you think the man in your life is struggling with depression, this book can help you recognize his symptoms and encourage him in overcoming his depressed feelings. The book will also show you how to take care of yourself and not get lost in his depression. It provides a range of strategies you can use to communicate with him effectively, cope with his physical symptoms like insomnia and sexual dysfunction, and rebuild intimacy in your relationship. Ultimately, the book offers compassionate (if sometimes firm) advice to help you do what's best for him, for yourself, and for your relationship.

Step-by-step advice to help you:

- Distinguish between typical and male-type depression
- Connect and communicate with a depressed guy
- Help him make the most of psychological and medical treatment
- Negotiate issues of sexual and emotional intimacy
- Set safe boundaries and take care of yourself

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From reader reviews:

Debbie Jackson:

Playing with family in a very park, coming to see the ocean world or hanging out with pals is thing that usually you have done when you have spare time, in that case why you don't try matter that really opposite from that. Just one activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you are ride on and with addition details. Even you love Is He Depressed or What?: What to Do When the Man You Love Is Irritable, Moody, and Withdrawn, you are able to enjoy both. It is fine combination right, you still would like to miss it? What kind of hang type is it? Oh can happen its mind hangout people. What? Still don't obtain it, oh come on its named reading friends.

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