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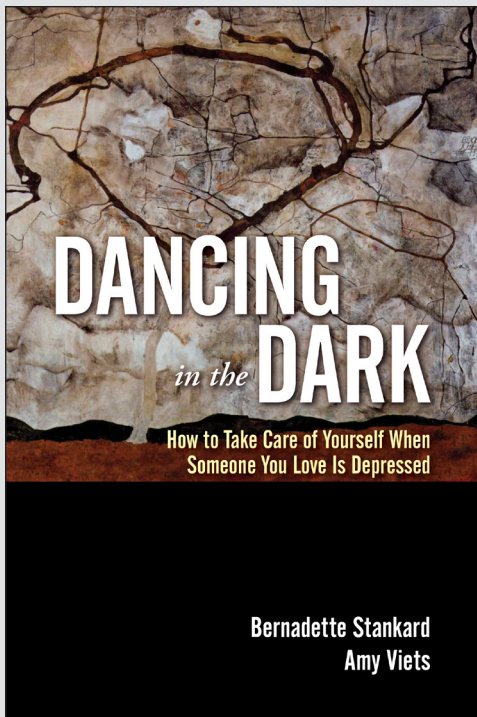
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Dancing in the Dark

How to Take Care of Yourself When Someone You Love Is Depressed

By Bernadette Stankard and Amy Viets

An empowering, compassionate guidebook designed for those in or out of recovery who live with or love one of the millions of Americans who battle depression every year.



By Bernadette Stankard and Amy Viets
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“A practical guide filled with tools and resources for all those whose lives are touched by depression...written for those just entering ‘the dance’ as well as those who have been living within the dance for years...written with the sensitivity and understanding that come from experiencing depression first-hand.”—Kristine Stache, MA, PhD, Assistant Professor of Missional Leadership, Wartburg Theological Seminary, Dubuque, Iowa

Depression—it’s been called “the common cold of mental illness” because so many Americans suffer from it every year. In 2006, the Centers for Disease Control and Prevention found that one in twenty Americans over the age of twelve has suffered from depression. And most of these people have spouses, families, and jobs, multiplying the effects of depression until almost no family in the country is untouched by this common, but potentially deadly, illness. However, help is available for all those affected by depression, whether their own or that of a family member.

Dancing in the Dark is brimming with tried-and-true suggestions, helpful hints, and up-to-date resources for anyone whose life is affected by the depression of another. Authors Bernadette Stankard and Amy Viets offer compassionate wisdom, reflective quotations, and practical assistance based on their personal experience of life with depressed partners; they are also qualified as educators, authors, public speakers, and women of faith.

About the Authors



Bernadette Stankard and her husband, Ed, have been married for forty years, half of which was spent dealing with Ed's depression. Through his perseverance and their commitment as a couple, they celebrate the gift of life. Bernadette now shares their experience with others, to offer help and hope. Bernadette is the author of several books and gives presentations on creativity and multiple intelligences to schools, churches, and businesses.



Amy Viets also knows what it means to live with depression; she and her husband Bruce struggled through twelve years as they searched for an effective combination of therapy and medication. With Bruce's return to health, she is helping others survive the darkness of depression in people they love. Amy, a former elementary school teacher, is now the Director of Children's Ministry for a large ELCA Lutheran congregation in Overland Park, Kansas. Her articles and essays have appeared in a number of religious and parenting publications.

Q & A with Bernadette Stankard and Amy Viets

Why did you write *Dancing in the Dark*?

We wrote *Dancing in the Dark* to give assistance to those who are living with someone in the throes of depression. Not only does the book describe depression and the unique twists and turns it takes in a relationship, but it offers specific help to those who have to serve as the caregiver in such a relationship. The book offers these people inspiration, an opportunity for meditation, and practical tools they can use to navigate the slippery slope of living with a depressed individual.

What makes this book unique?

Very few books exist with practical tools for the person living with a depressed partner. *Dancing in the Dark* fills this void and provides meditations and positive actions for the self-care of the caregiver.

Dancing in the Dark goes beyond the marriage relationship to deal with other couples as well, and those both with and without a religious affiliation. Also, more time is given to practical tools for staying healthy during this difficult time.

Who is your target audience for this book?

Dancing in the Dark would be of greatest interest to those who are actively living with a depressed individual. This would include married couples, those individuals living together in committed relationships, those caring for the elderly depressed, parents of depressed children, and even roommates.

Support groups for those living with a depressed partner such as those associated with the National Association of Mental Illness could purchase the book in bulk for use by their groups. Even twelve-step groups would find the book helpful because of the depression that often accompanies addiction.

Key Features

- Few books exist that provide practical tools for the person living with a depressed partner; *Dancing in the Dark* fills this void.
 - Provides both contemplative, comforting meditations and positive, action-oriented solutions for the maintenance of the caregiver's well-being.

Sales Points

- Uniquely geared to the needs of family caregivers; written by authors with personal experience in dealing with depression and recovery.
- Incorporates twelve-step principles, but can be used by those in or out of recovery.
 - Contains meditations, prayers, quotations, resources, and suggested activities, so readers of all learning styles will find help.