Surviving Your Spouse's Chronic Illness: A Compassionate Guide

Chris McGonigle

Are you sure you want to remove Surviving your spouse's chronic illness from your list? Surviving your spouse's chronic illness. a compassionate guide. 1st ed. by Chris McGonigle. If your spouse has recently been diagnosed with a mental illness, you have probably just entered a new phase in your life: the caretaker. Managing your spouse, along with all of your other responsibilities, is overwhelming and stressful, at best. You can cope with this, however, when you adjust to your new way of life, take care of yourself, and seek support. A therapist may be helpful in guiding you through this process. 4. Go to couples' counseling. Your spouse's mental illness and the pressure it has put on you could create a strain in the relationship. If you are committed to making your marriage work, you owe it to yourself to seek help from a counselor. When one's spouse is diagnosed with a serious illness, two lives are devastated. The partner is a victim, too. Author Chris McGonigle, who was a well spouse for fifteen years, draws on her own personal experience and on that of the many other men and women whom she interviewed and who spoke frankly to her about what it is really like to take care of a chronically ill spouse. Her honest book reassures readers that they are not alone in what they feel and are going through. Through the wisdom and compassion of the many voices in the book, readers will learn how others cope and what they themselves can do to survive. (retrieved from Amazon Thu, 12 Mar 2015 17:57:45 -0400). â–¾Library descriptions.