



Living with a Depressed Spouse

Gay Ingram

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Living with a Depressed Spouse Gay Ingram

Have you or someone that you're close to ever been depressed? Author Gay Ingram chronicles the way her life was affected after her husband became seriously depressed. In *Living With A Depressed Spouse* you will see one woman's amazing journey of survival and understanding as the devastating repercussions of her husband's illness set in. Believing everything that happens in a Christian's life has God's purpose behind it, Gay turned to God, drawing strength and perseverance from her faith in His loving concern. Amidst periods of isolation and feeling abandoned by society, God led the author to take specific actions, make those decisions necessary for her own survival. Like a voice crying in the wilderness, Gay Ingram shares her hard-earned knowledge about living with a depressed husband. She gives the reader insight into this debilitating disease that affects an estimated 18.8 million people who struggle with it in any given 1-year period. Mental illness is the second leading cause of disability in the U.S. But mental illness affects not only the individual but everyone striving for a relationship with that individual.

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