



Solo on a Tandem Bicycle: Hope when your spouse is depressed

Craig J Cato

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This book is a survival guide for when depression enters a marriage and family. Although specifically written to the spouse of the depressed individual, friends and family members will also find help in these pages. The first half of the book is a deeply personal account of the author's three year ordeal when his wife was depressed. Unconditional love, irrational commitment, and practical coping suggestions are central to this touching narrative. The second half of the book is more clinical in nature, providing a detailed look into the diagnosis and treatment of depression. All widely recognized treatment options are reviewed including self treatment, medication, psychotherapy, and natural remedies.

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