



Living with a Black Dog: His Name Is Depression

By Matthew Johnstone

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Living with a Black Dog: His Name Is Depression By Matthew Johnstone

One in four women and one in six men will suffer from depression at least once in their life. Few are immune. It was the greatly admired Winston Churchill, a depression sufferer for much of his life, who nicknamed this human condition "Black Dog."

Living with a Black Dog is perhaps the most useful book ever created about depression. In simple text and strongly supportive illustrations, this slim volume examines, explains, and demystifies one of the most widespread and debilitating problems afflicting modern society.

Whether you've struggled with your own Black Dog for years, wondered why you're feeling sort of "ruff" lately, or known someone shadowed by a dark canine, *Living with a Black Dog* is for you. Artist and writer Matthew Johnstone, a depression sufferer himself, delivers a moving and uplifting insight into life with this unsavory companion. Even better, the book shows the strength and support to be found within and around us to tame this shaggy beast and ultimately bring it to heel.

Johnstone's book doesn't pretend to have all the answers. It doesn't resort to simple "dog tricks" for dealing with depression. But *Living with a Black Dog* does deliver understanding, hope, and the assurance that Black Dog days are not forever.

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Editorial Review

About the Author

?Matthew Johnstone is a highly regarded artist, writer, and exhibited photographer who has worked to train his own "Black Dog" for more than 20 years. New Zealand born, Matthew worked in advertising in San Francisco and New York before moving to Sydney, Australia, where he now lives with his wife and daughter.

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