



Journeys with the Black Dog: Inspirational Stories of Bringing Depression to Heel

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Ideal for sufferers, caregivers, and loved ones searching for answers, this collection of empowering personal accounts describes the early symptoms and various forms of depression, the path to diagnosis, and the confusion and frustration that can result from attempting to keep it at bay. Revealing the hardships of grappling with a depressive disorder, it emphasizes unique methods of control through regular diet and exercise. Oscillating between humor and gut-wrenching poignancy, these compelling life stories entrust readers with a key message—while depression may not be curable, it can be managed.

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