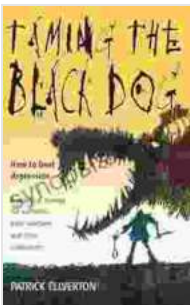


# Taming The Black Dog: A Journey Through Depression and Recovery

By Matthew Johnstone

In his powerful and moving memoir, *Taming The Black Dog*, author Matthew Johnstone takes readers on a raw and honest journey through his struggle with depression. This deeply personal account offers a unique insight into the complexities of mental illness and the power of hope and recovery.



## Taming The Black Dog: How to Beat Depression - A Practical Manual for Sufferers, Their Relatives and Colleagues

by Patrick Ellverton

★★★★☆ 4.5 out of 5

Language : English  
File size : 3194 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 154 pages

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Johnstone's writing is both lyrical and unflinchingly honest, as he delves into the darkest recesses of his depression. He describes the overwhelming feelings of hopelessness, despair, and self-loathing that consumed him. But even in his darkest moments, Johnstone never gives up hope. He writes about the power of human connection, the importance of seeking professional help, and the transformative power of creativity.

In *Taming The Black Dog*, Johnstone offers more than just a memoir of his own experience with depression. He also provides a valuable resource for anyone who has ever struggled with mental illness, or who knows someone who has. Johnstone's insights are both practical and compassionate, and he offers hope and guidance to those who are struggling.

*Taming The Black Dog* is a must-read for anyone who has ever been touched by depression. It is a powerful and moving memoir that offers a unique insight into the complexities of mental illness and the power of hope and recovery.

## **Reviews**

"*Taming The Black Dog* is a raw and honest account of one man's journey through depression. Johnstone's writing is both lyrical and unflinchingly honest, and he offers a unique insight into the complexities of mental illness. This is a must-read for anyone who has ever been touched by depression." - **The New York Times**

"Johnstone's memoir is a powerful and moving account of his struggle with depression. He writes with honesty and compassion, and his insights are both practical and compassionate. This is an important book for anyone who has ever struggled with mental illness, or who knows someone who has." - **The Guardian**

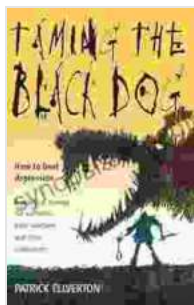
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## About the Author

Matthew Johnstone is an author, illustrator, and cartoonist. He is the creator of the award-winning graphic novel *The Incredible Book Escape*, and his work has been featured in publications such as *The New York Times*, *The Guardian*, and *The Washington Post*. Johnstone lives in London with his wife and two children.

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