



## Shoot the Damn Dog: A Memoir of Depression

By Sally Brampton

Bloomsbury Publishing PLC. Paperback. Book Condition: new. BRAND NEW, Shoot the Damn Dog: A Memoir of Depression, Sally Brampton, "Shoot the Damn Dog" blasts the stigma of depression as a character flaw and confronts the illness Winston Churchill called 'the black dog', a condition that humiliates, punishes and isolates its sufferers. It is a personal account of a journey through (and out of) severe depression, as well as being a practical book, offering ideas about what might help. With its raw, understated eloquence, it will speak volumes to anyone whose life has been haunted by depression, as well as offering help and understanding to those whose loved ones suffer from this terrifying condition.



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