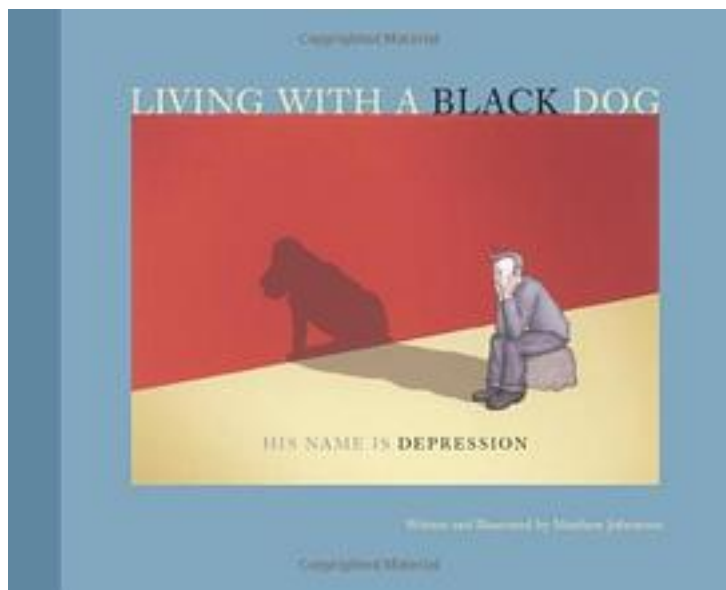


# Living with a Black Dog



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著者:Matthew Johnstone

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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.

作者介绍:

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## 标签

抑郁

态度

生活

成长

外国文学

繪本

Psycho

#我的精神节目理想

#

## 评论

可爱!!!

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有幸在朋友的分享下读到了这本书，图画和文字都很形象地描写出了抑郁症者的心理状

态。看时不禁在想，要是哥哥在世时能看到这本书，会不会对他有好处。

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## 书评

买来和男友一起看，我会一直陪他度过这个黑狗时期，让他看见阳光。里面不光有抑郁症患者的自白，也有从旁人的眼光看抑郁症患者，它会温柔提示抑郁症患者如何去做，也会提示陪人该如何去做，才能从各方面帮助到抑郁症患者，也保护陪人不受抑郁情绪影响。我相信，有药，有爱，有...

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