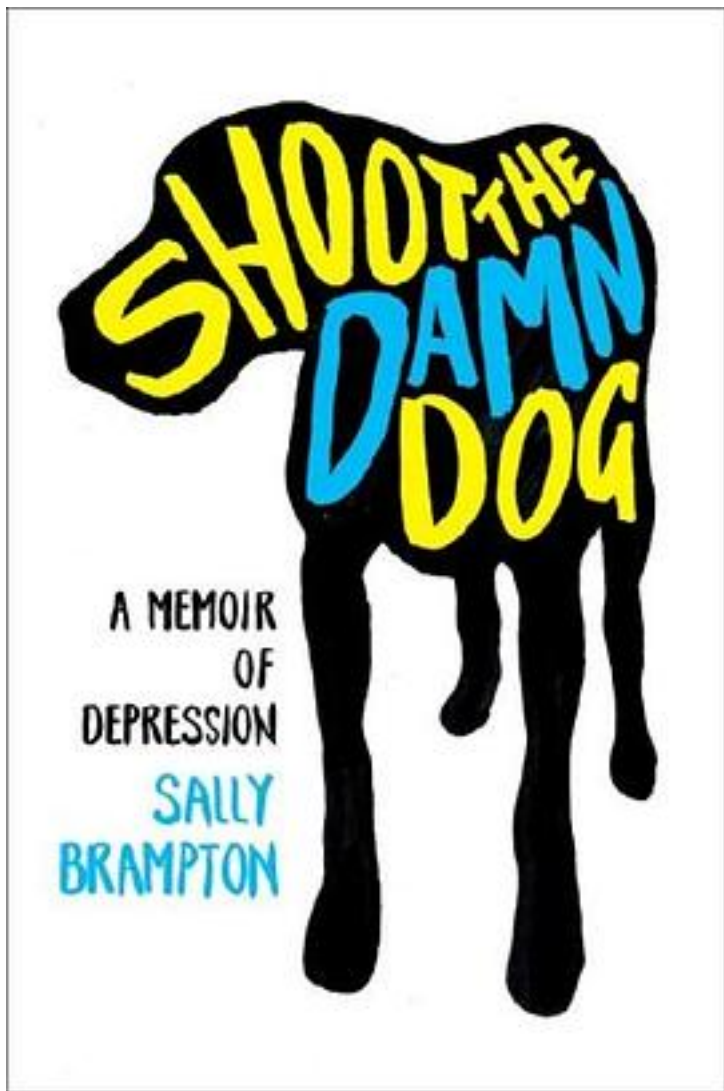


Shoot the Damn Dog



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著者:Sally Brampton

出版者:W.W. Norton & Co.

出版时间:2008-06-17

装帧:Hardcover

isbn:9780393066784

A successful magazine editor and prize-winning journalist, Sally Brampton launched Elle magazine in the UK in 1985. But behind the successful, glamorous career was a story that many of her friends and colleagues knew nothing about her ongoing struggle with severe depression and alcoholism. Brampton's is a candid, tremendously honest telling of how she was finally able to "address the elephant in the room," and of a culture that sends the overriding message that people who suffer from depression are somehow responsible for their own illness. She offers readers a unique perspective of depression from the inside that is at times wrenching, but ultimately inspirational, as it charts her own coming back to life. Beyond her personal story, Brampton offers practical advice to all those affected by this illness. This book will resonate with any person whose life has been haunted by depression, at the same time offering help and understanding to those whose loved ones suffer from this debilitating condition.

作者介绍:

A searing, raw memoir of depression that is ultimately uplifting and inspiring. A successful magazine editor and prize-winning journalist, Sally Brampton launched Elle magazine in the UK in 1985. But behind the successful, glamorous career was a story that many of her friends and colleagues knew nothing about—her ongoing struggle with severe depression and alcoholism. Brampton's is a candid, tremendously honest telling of how she was finally able to "address the elephant in the room," and of a culture that sends the overriding message that people who suffer from depression are somehow responsible for their own illness. She offers readers a unique perspective of depression from the inside that is at times wrenching, but ultimately inspirational, as it charts her own coming back to life. Beyond her personal story, Brampton offers practical advice to all those affected by this illness. This book will resonate with any person whose life has been haunted by depression, at the same time offering help and understanding to those whose loved ones suffer from this debilitating condition. .

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标签

英国

外国文学

memoir

depression

评论

ibook, 绿色封面版, 不过这个条目人多。第一本真正意义上看完的英文书。书中经常拿出学术研究, 并反复强调抑郁跟遗传和基因有关, 这多少有点难以接受。书最后落点落在针灸和佛学, 让一个我中国人看了觉得挺特别。既然作者康复了, 不管什么都是好的。其实按照外国人对抑郁症的定义, 绝大多数中国人都至少有轻度抑郁。

在kindle里存了一年, 最近终于重拾读完, 一查发现作者在去年5月还是选择离开了…
…RIP.

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书评

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