



Taming the Black Dog: A Guide to Overcoming Depression

Bev Aisbett

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Don't want to get out of bed in the morning? Feeling as though the light is fading at the end of the tunnel? You may be suffering from depression, a condition Winston Churchill referred to as the Black Dog. taming the Black Dog is a simple guide to managing depression, which an estimated 1 in 5 people will suffer in one form or another at some time in their lives. Modelled on Bev Aisbett's successful LIVING WITH It, tAMING tHE BLACK DOG has a unique blend of wit and information and is an invaluable guide for both chronic sufferers of depression as well as anyone with a fit of 'the blues'.



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