



My Depression: A Picture Book

Elizabeth Swados

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This intimate journey through long-term depression is by turns tender, funny, poignant, and uplifting. Swados' charming words and frenzied drawings bring home the experience of severe depression, from the black cloud forming on the horizon to feelings of self-loathing and loss of self-confidence; from contemplating suicide, which Swados describes as wandering off into the Sahara desert (discounting the buzzards and the scorpions), to actively seeking out methods for fighting depression—including psychics, diet, and repression therapy—to experimenting with antidepressants that make you snippy, sleepy, or judgmental. *My Depression* is an engaging and heartening memoir of an illness that has been stigmatized for too long and on how it is possible to survive, one little challenge at a time, with medication and the occasional tasty, messy slice of pizza; with dancing to a boombox on the street and thanking the mailman for the newest catalogue, then proceeding to read it cover to cover!

From the Hardcover edition.

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