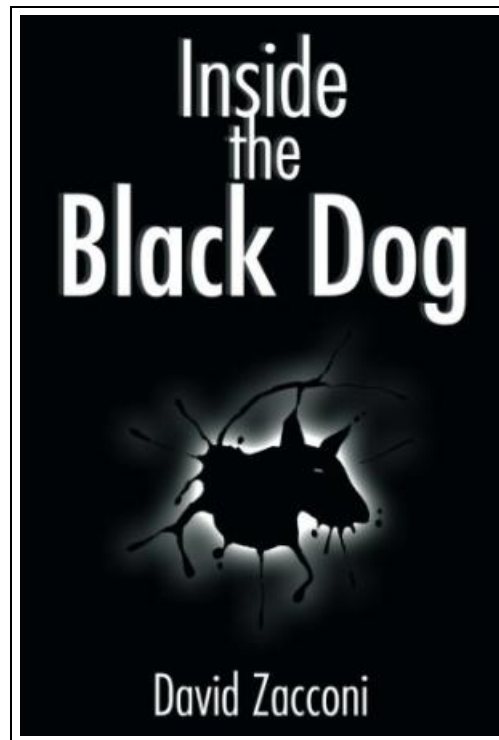


Inside the Black Dog (Paperback)



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Reviews

Undoubtedly, this is the greatest job by any author. It is actually filled with wisdom and knowledge I am quickly could get a pleasure of reading a written book.

(Kade Ankunding)

INSIDE THE BLACK DOG (PAPERBACK)



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AUTHORHOUSE, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. I wrote this manuscript while still a patient in a psych ward at Sir Charles Gairdner Hospital. During this time, I was fortunate enough for my psychiatrist, clinical psychologist, and a few clinical psychology nurses to have read my unfinished manuscript. They all wanted more, and their praise was what I needed to complete the manuscript. The hospital staff was astounded at the insight and accuracy of how most patients suffering from major depressive disorder and anxiety felt and explained to them the same way I had written each account and episode. They also told me that there wasn't anything like this that they were able to find apart from what was in their own notes. I think that if I had something like this to read before my admission to hospital, it would have prepared me for what was not only happening at the time but also for what was about to happen next, and I wouldn't have felt so alone and scared. I believe that a large piece of the market would be for people that are suffering from depression and anxiety but haven't spoken up or are still in denial. There has been much in the news of late about depression and the fly-in, fly-out workers and their struggle with suicide. What prompted me to write on this subject was an article I read on a LinkedIn site about depression in the workplace. I read the article and was blown away by the comments at the end by both employers and employees. These comments ranged from -No way could I approach my boss for fear of being fired- to the bosses themselves saying there is no...

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