



Living with a Black Dog

By Matthew Johnstone, Ainsley Johnstone

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This second book from Matthew Johnstone, author of *I Had a Black Dog*, is an equally touching and beautifully illustrated book, written for those who care for those suffering from depression - friends, family members, colleagues, and even therapists.

Using wonderful illustrations and the image of Churchill's infamous 'black dog', Matthew and his wife Ainsley offer a moving, inspirational and often humorous portrait of life with depression - not only for those suffering from it themselves, but for those close to them.

Living with a Black Dog speaks directly to the carer and offers practical and sometimes tongue-in-cheek tips on helping the depression sufferer, such as 'Socks have little do with mental health. If people could just 'snap out of it' they would.' and 'Encourage any form of regular exercise. Fitness robs the Dog of its power'.

Based on their own experiences, Matthew and his wife Ainsley treat the subject of depression sympathetically, hopefully and, most importantly, humorously.

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Editorial Review

Review

As a mental health nurse, I am always on the lookout for quality material to give to carers. This fits the bill Nursing Standard, 4-star review Comprehensive and very helpful ... brilliant Guardian Weekend magazine, recommended by Dr. Tom Smith Moving and thoughtfully written ... a must-have. Daily Mirror Excellent ... conveying the essence of caring for someone with depression, in a brief and concise form, what it might take more conventional textbooks 300 pages to say. Mental Health Practice

About the Author

Matthew Johnstone (Author) Matthew Johnstone is an artist, writer and exhibited photographer. New Zealand born, he worked in advertising in Sydney, San Francisco and New York. He now resides in Sydney with his family. He and his wife, Ainsley, know all too well what it's like to live with a 'black dog' - Matthew has personally experienced the hell of depression, while Ainsley has first-hand knowledge of the frustration and confusion almost always felt by those who care for a depressed person. Together they are uniquely able to offer practical and helpful advice.

Users Review

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Lonnie Fazio:

As people who live in the actual modest era should be revise about what going on or facts even knowledge to make them keep up with the era that is always change and progress. Some of you maybe will update themselves by reading books. It is a good choice to suit your needs but the problems coming to anyone is you don't know what type you should start with. This Living with a Black Dog is our recommendation to make you keep up with the world. Why, as this book serves what you want and need in this era.

Richard Byrnes:

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Karen Schanz:

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David Barnett:

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