



Depression: Understanding the Black Dog

Stephanie Sorrell

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Having suffered from major depression for much of her life, Stephanie Sorrell has learned to work with the disease rather than against it. Where so many mental-health books feature ‘fighting and overcoming’ depression, her experience and understanding have enabled her to see the value of the condition rather than what it can take away. In this easy-to-read introduction to depression Stephanie shows the various ways in which it manifests, what is available on a natural as well as chemical level and how the diversity of psychological therapies serve and hold depression. There is also a spiritual thread running through which invites the reader to go further...

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