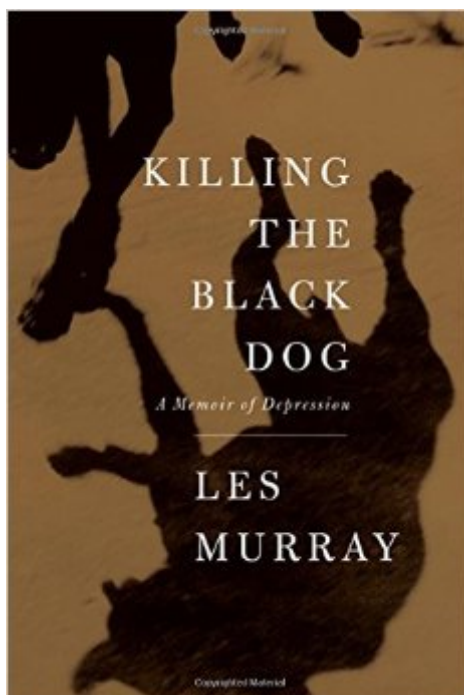


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Killing The Black Dog: A Memoir Of Depression



Synopsis

In 1988, shortly after moving from Sydney back to his birthplace in the rural New South Wales hamlet of Bunyah, Les Murray was struck with depression. In the months that followed, the "Black Dog" (as he calls it) ruled his life. He raged at his wife and children. He ducked a parking ticket on grounds of insanity, and begged a police officer to shoot him rather than arrest him. For days on end he lay in despair, a state in which, as he puts it precisely, "you feel beneath help." Killing the Black Dog is Murray's recollection of those awful days: brief, pointed, wise, and full of beauty in the way of his poetry. The prose textâ•delicately balanced between personal and informativeâ•gives a glimpse of the imprint that depression can leave on a life. The accompanying poems show their roots in his crisisâ•a crisis from which, he reports toward the close of this poignant book, he has fully recovered. "My thinking is no longer jammed and sooty with resentment," he recalls. "I no longer wear only stretch-knit clothes and drawstring pants. I no longer come down with bouts of weeping or reasonless exhaustion. And I no longer seek rejection in a belief that only bitterly conceded praise is reliable." Killing the Black Dog is a crucial chapter in the life of an outstanding poet.

Book Information

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Customer Reviews

Conveys the sense of how it feels to be depressed in a clear, engrossing and honest narrative free of whining or self pity. Shows how much knowing the causes helps, how much medication helps and the ultimate vulnerability to recurrence remains. Great read for a depressive person and for whoever loves one. The combination of poetry and prose allows the reader to know the facts and

feel the emotions.

This tiny book has two parts: the short essay on author 's depression - vague, full of unimportant details and the second part are poems. I know something about depression myself, so i know little piece of writing tells almost nothing valuable about it. Vague and useless.

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How to Help Someone with Depression: 2nd Edition (Loved one with depression, anxiety disorder, bipolar, manic depression, depression, mood disorders, suicide, suicidal thoughts) Easy Homemade Dog Treat Recipes: Fun Homemade Dog Treats for the Busy Pet Lover (Dog Training and Dog Care Series Book 2) Bonding with Your Rescue Dog: Decoding and Influencing Dog Behavior (Dog Training and Dog Care Series Book 1) Dog Training: 50 Dog Smart Tricks (Free 130+ Dog Recipe Book Inside): Step by Step Activities for Full engagement, Fun and Increased Dog IQ Homemade Healthy Dog Food Food Recipes (Because Your Dog Deserves The Best All Natural Dog Food and Health Dog Recipes!) Ames To Kill (Three Full-Length Thrillers): The Killing League, The Recruiter, Killing the Rat The Right Dog for the Job: Ira's Path from Service Dog to Guide Dog Dog Training: Puppy Training Tips For an Obedient and Happy Family Member (Dog Grooming, Dog Tricks, Stuffed Animals) (Volume 1) Brain Games for Dogs: Training, Tricks and Activities for your Dog's Physical and Mental wellness(Dog training, Puppy training,Pet training books, Puppy ... games for dogs, How to train a dog Book 1) Dia De Los Perros Dog Sugar Skull Coloring Book: Midnight Edition: A Unique Dog Lover Black Background Paper Adult Coloring Book For Grownups ... Relaxation Stress Relief & Art Color Therapy) Dog with a Bone (Black Dog Book 1) Black Cuban, Black American: A Memoir (Recovering the U.S. Hispanic Literary Heritage Series) Collector's Encyclopedia Depression Glass (Collector's Encyclopedia of Depression Glass) Pocket Guide to Depression Glass & More Sixteenth Edition (Pocket Guide to Depression Glass & More: 1920s-1960s: Identification & Values) Kitchen Glassware of the Depression Years (Kitchen Glassware of the Depression Years: Identification & Values) Depression & How to Analyze: 2 Manuscripts. Naturally Free Yourself of Depression & Heal Anxiety, Panic Attacks, & Stress.Using Human Psychology to Successfully ... Conquer Your Mind and Regain Your Life) Depression

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