



Shoot the Damn Dog: A Memoir of Depression

By Sally Brampton

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A searing, raw memoir of depression that is ultimately uplifting and inspiring.

A successful magazine editor and prize-winning journalist, Sally Brampton launched *Elle* magazine in the UK in 1985. But behind the successful, glamorous career was a story that many of her friends and colleagues knew nothing about—her ongoing struggle with severe depression and alcoholism. Brampton's is a candid, tremendously honest telling of how she was finally able to "address the elephant in the room," and of a culture that sends the overriding message that people who suffer from depression are somehow responsible for their own illness. She offers readers a unique perspective of depression from the inside that is at times wrenching, but ultimately inspirational, as it charts her own coming back to life. Beyond her personal story, Brampton offers practical advice to all those affected by this illness. This book will resonate with any person whose life has been haunted by depression, at the same time offering help and understanding to those whose loved ones suffer from this debilitating condition.

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Editorial Review

From Publishers Weekly

A British fashion industry insider, Brampton wrote for *Vogue* and the *Observer* before launching *Elle* magazine in the U.K. By midlife, she had a successful, creative career, many close friends and a lovely daughter. Everything was going fabulously—until she fell apart. A paralyzing depression gripped her so intensely, she finally acknowledged that she needed to be institutionalized. Unfortunately, she was one of the many with treatment-resistant depression—high-tech pharmaceuticals just didn't work for her. As she cycled in and out of mental wards, survived suicide attempts and tried countless therapies, she learned a lot about depression—the stigma surrounding it, how it's triggered, the range of available therapies. With unflinching honesty, she describes her own experiences as well as sharing her research, letting readers take from it what you need and leave the rest. Brampton is particularly good at describing the currently favored therapies, like cognitive behavioral therapy, positive psychology and cognitive mindfulness behavioral therapy. Her openness to all sorts of treatment, including acupuncture, is refreshing, as is the ease with which she advises friends and family on how to be most helpful. Brampton's story is accessible and endearing. (*June*)

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About the Author

Sally Brampton lives in London and is a highly acclaimed novelist, columnist, and journalist. She also teaches fashion at the Fashion Institute.

Users Review

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