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Living with a Black Dog

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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