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Depression & Low Self-Esteem

4.1 

Title: **I Had A Black Dog**

Author(s): **Johnstone**

Publisher: **Constable & Robinson**

Year: **2007**

ISBN: **1845295897**

Depression & Low
Self Esteem 4.1

Written in simple text with illustrations to accompany it, this book is for those who have experienced depression or know somebody who has done.

A sufferer himself, the author explores depression with understanding and hope, and examines ways in which the “black dog” can be dealt with.

Easy-to-read.

(48 pages)

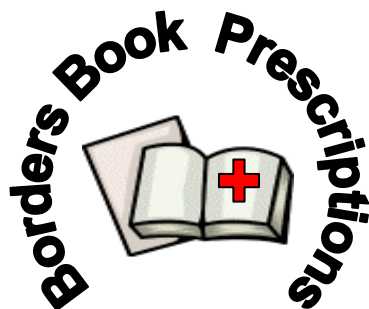
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