



## Living with a Black Dog

By 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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## Living with a Black Dog By Matthew Johnstone, Ainsley Johnstone Bibliography

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## **Editorial Review**

### **Review**

As a mental health nurse, I am always on the lookout for quality material to give to carers. This fits the bill Nursing Standard, 4-star review Comprehensive and very helpful ... brilliant Guardian Weekend magazine, recommended by Dr. Tom Smith Moving and thoughtfully written ... a must-have. Daily Mirror Excellent ... conveying the essence of caring for someone with depression, in a brief and concise form, what it might take more conventional textbooks 300 pages to say. Mental Health Practice

### **About the Author**

Matthew Johnstone (Author) Matthew Johnstone is an artist, writer and exhibited photographer. New Zealand born, he worked in advertising in Sydney, San Francisco and New York. He now resides in Sydney with his family. He and his wife, Ainsley, know all too well what it's like to live with a 'black dog' - Matthew has personally experienced the hell of depression, while Ainsley has first-hand knowledge of the frustration and confusion almost always felt by those who care for a depressed person. Together they are uniquely able to offer practical and helpful advice.

## **Users Review**

### **From reader reviews:**

#### **Harold Sparkman:**

The book Living with a Black Dog gives you the sense of being enjoy for your spare time. You can utilize to make your capable a lot more increase. Book can to be your best friend when you getting stress or having big problem together with your subject. If you can make looking at a book Living with a Black Dog for being your habit, you can get much more advantages, like add your own capable, increase your knowledge about some or all subjects. You could know everything if you like start and read a reserve Living with a Black Dog. Kinds of book are a lot of. It means that, science guide or encyclopedia or other individuals. So , how do you think about this reserve?

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**Effie Phillips:**

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**Melissa Becker:**

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