



Titre : Conquering the beast within
How I fought depression and won... and How
you can, too
One teenager tells her inspiring story

Auteur : Cait Irwin

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Résumé/verso

For anyone in the clutches of the frightening beast that is depression, this book can help. In vivid words and images, Cait Irwin shares her own compelling story: how she struggled with clinical depression at age fourteen, was hospitalized, sought therapy, found the right medication, and successfully made the long, arduous climb back to good health. This powerful volume shares an inspirational message with all who are waging their own battles with depression: There is a way out.

Advance praise for conquering the beast within

«Cait Irwin has written an extraordinary book, for young people, old people, for anyone who is suffering from depression or works someone who is... Ms. Irwin stretches a hand across the abyss and leads us safely home. Bravo! Read it now!» - *Danielle Steel, author of numerous bestsellers including His Bright light, the story of her son's battle with manic depression.*

«Reading this book, I had conflicting feeling... of admiration at Cait's artistic accomplishment, and envy that someone so young could already be so wise. If you know a young adult who is engaged in a serious struggle with the Beast, he or she needs this book.» - *Tracy Thompson, author of The Beast : A Journey Through Depression.*

«Cait's vivid recounting of her successful struggle with depression offers hope and encouragement to everyone fighting a mental illness.» - *Rosalynn Carter, author of Helping Someone with Mental Illness*

«In offering readers a vivid image, Cait Irwin allows those with depression not to feel defined by their disorder. A book for people of all ages, it paints the isolation, fear, and misunderstanding of mental illness in provoking and recognizable strokes. A work of compassion and hope.» - *Laurie Flynn, executive director, National Alliance for the Mentally Ill*

Cait Irwin is now a healthy eighteen-year-old college student with a side business designing murals. She lives in Iowa and attends school in Wisconsin. Visit her on her website at www.beatdepression.com, which she and her family crated as part of their mission «to do everything possible to destigmatize mental illness and help those who suffer from it.»