

## I Had A Black Dog

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~~The Black Dog is an equal opportunity mongrel.It was Winston Churchill who popularized the phrase Black Dog to describe the bouts of depression he experienced for much of his life.Matthew Johnstone, a sufferer himself, has written and illustrated this moving and uplifting insight into what it is like to have a Black Dog as a companion and how he learned to tame it and bring it to heel.~~

~~I Had a Black Dog: Johnstone, MatthewIM: 9781846295899 ...~~

I Had a Black Dog (2010) 9min | Animation, Short, Drama A touching, bizarre and sometimes comic look at the serious issue of depression.

~~I Had a Black Dog (2010) —IMDb~~

It is very well pointed out that one's 'Black Dog' is something that is happening to oneself rather than the 'real self'. This, for sure, helps to think about depression in a constructive manner. As the author mentions, it is required to 'let out' the Black Dog as often as possible.

~~I Had a Black Dog: His Name Was Depression by Matthew ...~~

I Had a Black Dog: His Name was Depression - Matthew Johnstone - Google Books. Ever since Winston Churchill popularised the phrase Black Dog to describe the bouts of depression he experienced for...

~~I Had a Black Dog: His Name was Depression —Matthew ...~~

The Black Dog is an equal opportunity mongrel. It was Winston Churchill who popularized the phrase Black Dog to describe the bouts of depression he experienced for much of his life. Matthew Johnstone, a sufferer himself, has written and illustrated this moving and uplifting insight into what it is like to have a Black Dog as a companion and how he learned to tame it and bring it to heel.

~~I Had a Black Dog: His Name Was Depression | Semantic Scholar~~

Black Dog films created for the World Health Organisation. I Had a Black Dog Living with a Black Dog

~~Black Dog Films | Matthew Johnstone~~

There's no simple answer, everyone's path in dealing with a Black Dog is different but it is imperative to find a solid support base, from family, close friends, your doctor and even a support group. Educate yourself because knowledge is power. Like all bad dogs a Black Dog needs discipline, patience understanding to bring him into line.

~~I Had a Black Dog~~

I Had a Black Dog Written and Illustrated by Matthew Johnstone Had a Black Dog was my first book published in Australia in 2005. I like to think of it as an uplifting illustrated book on what it is to have depression. The idea for the book was scribbled shortly after the tragic event of 9/11, while living in New York.

~~I Had a Black Dog | Matthew Johnstone~~

The title of this book is "I HAD a black dog" rather than "I HAVE a black dog" which is odd because at the end Matthew Johnstone makes it clear that his book is about taming the black dog and making it walk to heel.

~~I Had a Black Dog: Amazon.co.uk: Matthew Johnstone ...~~

I had a black dog, his name was depression. Log in or become a member to contribute to the discussion. Page type: Policy and advocacy. Publication date: 2015. At its worst, depression can be a frightening, debilitating condition. Millions of people around the world live with depression. Many of these individuals and their families are afraid to ...

~~I had a black dog, his name was depression | Mental Health ...~~

I Had A Black Dog: His Name was Depression - VoiceTube. Thousands of YouTube videos with English-Chinese subtitles! Now you can learn to understand native speakers, expand your vocabulary, and improve your pronunciation... Thousands of YouTube videos with English-Chinese subtitles!

~~I Had A Black Dog: His Name was Depression —VoiceTube~~

IF CHRIST HAD A LITTLE DOG. I wonder if Christ had a little black dog All curly and wooly like mine; With two silky ears, and a nose round and wet, and eyes brown and tender that shine. I'm afraid that He hadn't, because I have read How he prayed in the garden alone, For all of his friends and disciples had fled, Even Peter, the one called a ...

~~IF CHRIST HAD A LITTLE DOG I wonder if... —Bible ...~~

"Living with a Black dog" is a follow-up to "I had a black dog, his name was depression", which offers practical advice for coming to terms with and overcoming depression. Both videos were produced by writer and illustrator Matthew Johnstone, in collaboration with WHO, and were based on books of the same name.

~~'Living with a black dog' video | Mental Health Innovation ...~~

Winston Churchill popularised the phrase 'the Black Dog', although it had been round for many years before. In a way a black dog, hunting by moonless night in a blackened wood is quite possibly the best metaphor for depression. It hunts silently, stealthily, approaching its victim unseen and unnoticed until it's too late.

~~Amazon.com: Customer reviews: I Had a Black Dog~~

Although the roots of the phrase itself can be traced back to a variety of origins, we've always -- or at least since the early 20th century -- attributed the phrase "The Black Dog" as

~~When The Black Dog Starts Growing: 5 Steps to Leash Your ...~~

I had a black dog, His name was depression. Whenever the black dog made an appearance, I felt empty and life just seemed to slow down. He could surprise me with a visit for no reason or occasion. The black dog made me look and feel older than my years.

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