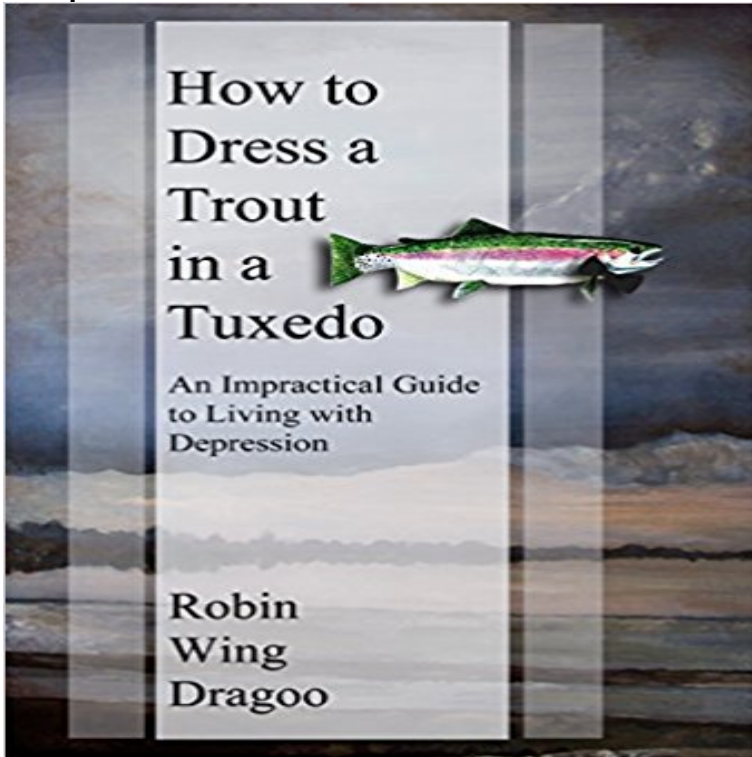


How to Dress a Trout in a Tuxedo: An Impractical Guide to Living with Depression



How To Dress a Trout in a Tuxedo seeks a down-to-earth, conversational approach to a topic that is often avoided and even more often misunderstood. With honest, easygoing language, this book takes a look into one woman's journey with this disorder and lightly goes over her tribulations, triumphs, and thought provoking resolutions on ways to bring her closer to the life she chooses. In warm empathetic language, this quirky motivational memoir leaves the reader with a clearer understanding of how depression creeps into a life, insidiously invades the mind, and wreaks havoc on the choices people face. For those who find themselves wanting to share their love with someone who has depression, it offers a window into what could lie ahead. This book is a beacon of hope and encouragement for everyone associated with depression. Through warm personal stories and wry, humor-infused wisdom, the author conveys first her struggles, then her lessons throughout each stage of learning to live compassionately with a disease that takes the lives of so many.

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