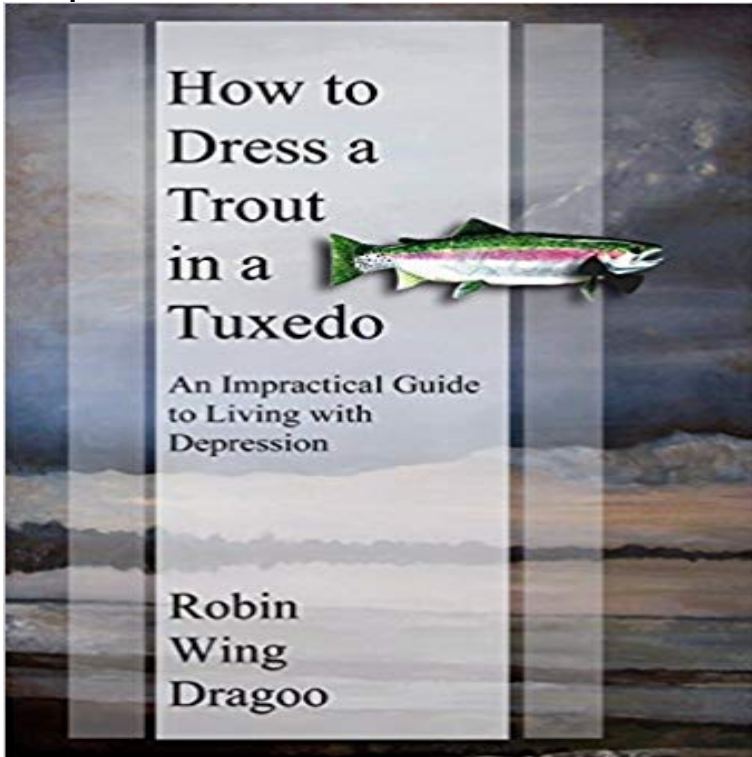


# How to Dress a Trout in a Tuxedo: An Impractical Guide to Living with Depression



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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