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Undercurrents: A Therapist's Reckoning With Her Own Depression

Martha Manning

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Undercurrents: A Therapist's Reckoning With Her Own Depression Martha Manning
The true-life story of a psychotherapist who suffered clinical depression and agreed eventually to undergo electro shock therapy. The book through humorous, heartbreaking and harrowing diary entries lays bare the depths and dimension of severe clinical depression.

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