



The Cat in My Head

Kristen Bonin

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After battling depression for nearly ten years, author Kristen Bonin was diagnosed with Major Depressive Disorder, Anxiety, and Obsessive Compulsive Disorder. In *The Cat in my Head: A First-Hand Account of Life with Clinical Depression*, Kristen provides an in-depth description of what happens in a depressed, anxious, obsessive mind and why suicide would become a viable option to those seeking an escape from the pain of everyday life. She explains the processes she went through, from realizing something is not right, starting on the long road of therapy and medication, and to self-mutilation and suicidal thoughts. *The Cat in my Head: A First-Hand Account of Life with Clinical Depression* is a real, raw, and emotional journey from darkness to diagnosis and finally treatment.

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