



## The Cat in My Head

By Kristen Bonin

Tate Publishing. Paperback. Book Condition: New. Paperback. 100 pages. Dimensions: 6.5in. x 4.8in. x 0.4in. 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. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



**READ ONLINE**  
[ 2.54 MB ]

### Reviews

*The book is fantastic and great. It is rally exciting throgh looking at period of time. Your way of life period will likely be change when you full reading this publication.*

-- **Elijah Kuphal**

*A brand new e-book with an all new perspective. It typically fails to cost an excessive amount of. I am effortlessly can get a satisfaction of reading a composed book.*

-- **Turner Bayer**