



Trouble in My Head: A Young Girl's Fight with Depression

Mathilde Monaque

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Mathilde Monaque developed severe depression when she was just 14. The eldest in a family of six and an exceptionally bright and gifted little girl, the discovery shook her family to the core.

Trouble in My Head is Mathilde's tender and illuminating account of her struggle to surface from a disease that could have taken her life. With remarkable sensitivity and lucidity she describes her experience of depression, her days in the teenage hospital and her battle to conquer the disease.

Mathilde's perspective as a sufferer of teenage depression is unique. Unlike adult depression which involves feelings of guilt, Mathilde describes teenage depression as a breaking down of certainties, the fear of being oneself, the fear of not loving and of not being loved. Adults and teenagers alike will find inspiration and insight in her touching and remarkable account.

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The reason why? Because this Trouble in My Head: A Young Girl's Fight with Depression is an unordinary book that the inside of the reserve waiting for you to snap it but latter it will surprise you with the secret that inside. Reading this book next to it was fantastic author who have write the book in such awesome way makes the content interior easier to understand, entertaining way but still convey the meaning fully. So , it is good for you because of not hesitating having this any more or you going to regret it. This amazing book will give you a lot of gains than the other book get such as help improving your proficiency and your critical thinking approach. So , still want to delay having that book? If I were being you I will go to the reserve store hurriedly.

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