



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

By Mathilde Monaque

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, Trouble in My Head: A Young Girl's Fight with Depression, Mathilde Monaque, 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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