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Sally Brampton is an optimist. The founding editor of Elle magazine, a successful journalist and novelist, she loves gardening, friends and life. She is also a

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Ultimately, her recovery was down to trying lots of different methods of treating the illness (major or severe depression was her diagnosis).

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Shoot the Damn Dog: A Memoir of Depression by Sally Brampton Brilliant magazine editor, prize-winning journalist and founder of Elle

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'Down-to-earth, honest, sometimes painful, often moving What stands out is the book's tone: its honesty, its wisdom and its courage' Daily Telegraph 'Brave

**In memory of sally brampton, author of shoot the damned dog**

As a magazine editor, agony aunt and author of a depression memoir, Shoot the Damned Dog, her writing touched many lives from the early

**Sally brampton - wikipedia**

Sally Jane Brampton (15 July 1955 – 10 May 2016) was an English journalist, writer, and A memoir, Shoot the Damn Dog (2008), a partial reference to Churchill's description of his depression as a "black dog", recounts Brampton's experience of the condition and periods as an in-patient. The journalist Simon Garfield,

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