



My Heart is an Autumn Garage

Anne Thériault

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A raw, smart, and darkly funny memoir, *My Heart Is An Autumn Garage* unapologetically chronicles a lifelong struggle with clinical depression. Anne Thériault neatly lays bare her heart, unsparingly detailing the naked self-loathing and self-destructive behaviors that led to her breakdown and subsequent hospitalization at the age of twenty one. Both an examination of the frightening and deeply dehumanizing treatment of psychiatric patients and a wry coming-of-age story, this book deftly explores the knife's edge between despair and hope.

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Brian Kelley:

Playing with family within a park, coming to see the ocean world or hanging out with good friends is thing that usually you may have done when you have spare time, and then why you don't try point that really opposite from that. A single activity that make you not experience tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of information. Even you love My Heart is an Autumn Garage, you could enjoy both. It is excellent combination right, you still want to miss it? What kind of hang type is it? Oh can occur its mind hangout people. What? Still don't have it, oh come on its named reading friends.

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