



Depression And How To Survive It

Anthony Clare, Spike Milligan

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In 1982, leading psychiatrist and TV presenter Anthony Clare interviewed Spike Milligan for the radio series *In The Psychiatrist's Chair*, a show in which Clare led revealing interviews with a range of celebrities. He was so overwhelmed by Milligan's account of his forty years of depressive experiences that he knew he had found the person to help him illuminate and explore the mysterious and sometimes terrifying illness that is clinical depression.

Depression and How to Survive It is the result of this collaboration, through which Anthony Clare charts the development of Spike Milligan's illness and the strategies he uses in dealing with the often misunderstood disorder of clinical depression. Drawing inspiration and advice from Spike's experience, *Depression and How to Survive It* is a book which takes you to the depths of human unhappiness in order to show you the way towards leading a happy life.

A unique book about human psychology from one of Britain's most successful psychiatrists, providing a revelatory insight into the mind of Spike Milligan, everyone's favourite goon.

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