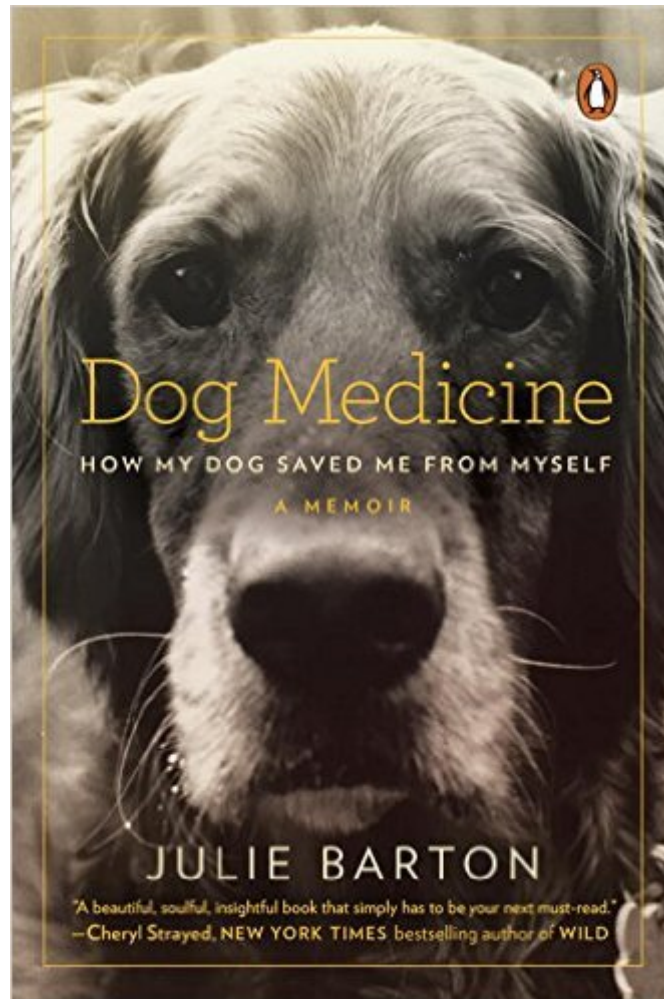


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# Dog Medicine: How My Dog Saved Me From Myself



## Synopsis

An honest and deeply moving debut memoir about a young woman's battle with depression and how her dog saved her life. A New York Times Bestseller. "Dog Medicine simply has to be your next must-read." —Cheryl Strayed

At twenty-two, Julie Barton collapsed on her kitchen floor in Manhattan. She was one year out of college and severely depressed. Summoned by Julie's incoherent phone call, her mother raced from Ohio to New York and took her home. Haunted by troubling childhood memories, Julie continued to sink into suicidal depression. Psychiatrists, therapists, and family tried to intervene, but nothing reached her until the day she decided to do one hopeful thing: adopt a Golden Retriever puppy she named Bunker. Dog Medicine captures the anguish of depression, the slow path to recovery, the beauty of forgiveness, and the astonishing ways animals can help heal even the most broken hearts and minds.

## Book Information

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## Customer Reviews

Dog Medicine is a story of returning from the brink. Julie's book wrecked me in the best way. Her writing sings when she writes about Bunker and you want her to do anything for him. For those of us who love dogs, we know what a wag of the tail, a poke of the nose, a crawling into a lap can do for the spirit. A dog saves us without knowing he is doing so. He's just being a dog, the rest is a kind of magic, which Julie captures so amazingly in Dog Medicine. I have never sobbed while reading a book. Which is kind of crazy considering I was an English major, then a bookseller, then worked in publishing — which is to say, I have read a ton of books in my lifetime. But none made me have to move to another room so my sobbing wouldn't wake my husband. None have made

me sit on my couch in the dark and cry for a good while. Or cause my own dog to come and sit next to me. As if he knew I was crying for the author, a dog I never met, but also for him, for all he has done for me and for the day that will inevitably come — the day he is gone. It was a beautiful cry. One that made me appreciate my own lucky mental health and more deeply appreciate what my dog brings to my life. This book is well worth your time. Maybe just don't read it in public. And if you do, bring an onion, a knife, and a cutting board so you can blame it on that. (less)

I didn't know this then, but depression can be like a slow leak. Once the dam's hit, water starts to seep through and as the days and weeks go by, the crack grows bigger. Thank you Julie Barton for sharing your touching story. Reading of Julie's battle with depression was quite affecting. Depression is ugly, often glided over, reading this young woman's downward spiral you understand its seriousness. I hope this story serves as a slap in the face to a term most are desensitized to. As she discloses her turbulent and abusive relationship with her brother you begin to grasp the origin of Julie's pain. Her suffering and struggle with depression brought me to tears, in fact I cried through the entire book, yes, it impacted me greatly. No doubt Julie and Bunker were meant for each other, they really were each other's salvation. As an animal lover, a dog owner, no wonder Julie and Bunker penetrated my heart, I understood their unbreakable connection. I applaud her for her candor in sharing the very intimate details of her life, her missteps and successes. Julie demonstrated the capacity of acceptance, to give and receive love, and forgiveness. I'm happy she finally found the peace, love and happiness she deserved. A bittersweet story etched in my heart, memorable and tender, with all certitude an unconditional love story.

Vulnerable, honest, and beautiful. I couldn't put it down, except when I could no longer see through my own tears. I wouldn't pick it back up again for a day or two but only because Julie Barton is able to truly paint the darkness of depression that was so familiar to me. This is not about someone wallowing in sadness; it's about real depression. This is not a sad story about a girl and her dog. This is the story of how life can be changed with love, the love of an animal. If you've ever experienced true depression, this is for you. If you've ever loved a pet, this is for you.

This is a very special book. Written with skill, beauty, and candor, Julie Barton tells a story that is both highly personal, and utterly universal. This is a story of a young woman's struggle with how to "be" in this world, with its sadness, disappointment, heartbreak, and confusion. She paints an unflinching picture of not only what it's like to suffer depression, but what it's like to emerge from it,

in this case with the help of Barton, her amazing canine companion. I love that Julie's family is both loving and flawed, and that the story is one of redemption and understanding. She also takes ownership of her own unhealthy choices and patterns as part of what contributes to her own depression, while still acknowledging the biological nature of depression. My favorite aspect of this story is that while it's a "happy ending" story, it's no fairy tale; depression is a dragon that must not be slayed many times rather than by a single miraculous battle. You don't have to be an animal lover to love this book. You don't have to suffer with depression or mental illness to love it either. But if either are true, it will feel like this author has peeked into your heart. I cried tears of affection and empathy on my entire flight to Seattle as I read this brave story. Dog Medicine is the story of triumph and healing. Beautiful. Powerful. Poignant.

Julie's book came to me a week after a family member tried to take their life. I was reeling, searching for some bit of hope in a situation where I could not make my loved one's pain go away. I would not wish depression on anyone, but this book, and Julie and Bunker's experience, was a gift at a time when there was no light. It gave me hope and empathy and a step forward. And all of this in addition to Julie's deftly written prose. You will cry, and it won't be pretty. But it just might cleanse your soul.

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