

Underneath the Lemon Tree: A Memoir of Depression and Recovery, 2012, 320 pages, Mark Rice-Oxley, 1405511249, 9781405511247, Little, Brown Book Group, 2012

On paper, things looked good for Mark Rice-Oxley: wife, children, fulfilling job. But then, at his 40th birthday party, his whole world crumbled as he succumbed to depression... How many men do you know who have been through periods when their lives haven't seemed right? How badly askew were things for them? Many men suffer from depression yet it is still a subject that is taboo. Men often don't visit the doctor, or they don't want to face up to feelings of weakness and vulnerability. By telling his story, Mark Rice-Oxley hopes it will enable others to tell theirs. In this intensely moving memoir he retraces the months of his utmost despair, revisiting a landscape from which at times he felt he would never escape. Written with lyricism and poignancy, Mark captures the visceral nature of this most debilitating of illnesses with a frightening clarity, while at the same time offering a sympathetic and dispassionate view of what is happening, and perhaps why. This is not a self-help book but a memoir that is brimful of experience, understanding and hope for all those who read it. It is above all honest, touching and surprisingly optimistic.

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