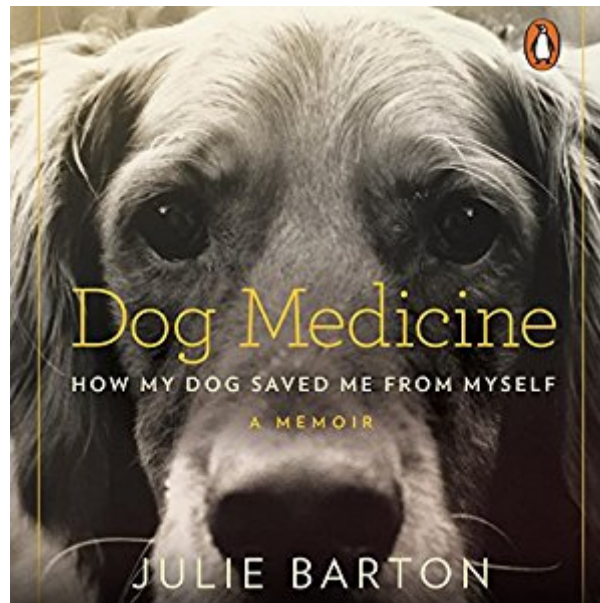




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# Dog Medicine: How My Dog Saved Me From Myself



## Synopsis

An honest and deeply moving debut memoir about a young woman's battle with depression and how her dog saved her life. At 22 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)

For every dog lover and believer... This book is a must read. Brilliantly and beautifully written and my heart smiles with the true story of a woman and her sacred healer: Bunker. I highly and beyond highly recommend this book to everyone. It reaches humanity on so many different levels. Bunker you now live within many of our hearts and I'm honored to know you through Julie's words. Julie you are a miracle and I'm honored to know you through Facebook and now through your book. Thank you for writing an erudite and soulful book. Always..Susan Davis

Dog Medicine: How My Dog Saved Me from Myself by Julie Barton Think Piece Publishing, LLC (November 10, 2015) According to the National Network of Depression Centers 21 million Americans suffer from depression in a given year. Chances are most Americans know someone suffering with depression or have grappled with it themselves. Julie Barton, a bright and talented young woman on the cusp of a successful career in publishing, woke one morning on her kitchen floor, the room filled with smoke from the meal she'd been preparing the night before when she lost consciousness. Terrified, she crawled to the phone and called her mother, convinced she'd had a nervous breakdown. Thus begins Barton's powerful depiction of the catastrophic depression that unraveled her life until an adopted puppy called Bunker released the love that would eventually help her heal. Behind Barton's depression lurked memories of the violent physical and verbal abuse to which her older brother subjected her and which her parents failed to address. Convinced she was the stupid ugly loser he said she was, she thought of herself in those terms and continually berated herself with those words. Caring for Bunker, however, taught her to forgive and trust herself. When a medical condition elicits a doctor's suggestion to put him down, Julie she asserts her belief in his life, obtaining for him costly surgery to correct his bone deformities. In nursing Bunker to health, in saving Bunker's life, in giving him a better life she achieved the strength to save herself. Dog Medicine celebrates the reciprocal sharing that can occur between man and dog. It's an exquisite testimony to the power of that love to heal.

I don't have a dog, I have never had a dog. I do love my cats. But I heard about Julie's book and I was so intrigued. I do suffer from depression and I was so captivated simply by the cover of this book, I had to read it. This is a beautiful story, you will laugh, cry, and you will rally for both Julie and Bunker. I read late at night, all snuggled up in bed and I had tissues, and I had to just close the book and lay it down on my chest a few times. Some people are simply masterful storytellers, intricately weaving details together in a way that just brings into our hearts and souls feelings of "me too", me too Julie, me too Bunker. I wonder how many people will read this book and want a dog? I hope if you find yourself doing that, you know what an immense commitment a dog can be. They are not like cats, that you can leave contentedly for days at a time. Julie and Bunker were family, close family and the bond was raw, intense and deeply rooted in each other as the best of friends. Please don't read this book and run out to get a dog, unless you have the time and commitment. \*\*\*ok that was sidebar to the book review, I am just concerned people might do that\*\*. This book moved me, I cried so much. I hope we all have a Bunker some day, be it a dog, a true friend, a different pet...everyone needs a Bunker, but I have a feeling bonds such as these are exceedingly rare. Thank you Julie for sharing your story, I have no words to adequately describe how much I loved it.

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; its 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.

Julie Barton has opened her soul in a way that most people would never dream of. She tells stories of her family, her loves, her ups, and her downs. The depths of her depression were so profound, I can't believe she was willing to share this with me and every person who is fortunate to pick up a copy of this book. There is much to be learned and received by spending time with Julie and Bunker. Many times, I read a book or watch a movie and think how there goes several hours I will never get back. This book is the antithesis of those. The hours I spent reading Dog Medicine gave me thoughts and moments that I will take along with me for years to come.

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