



# **I Blame The Hormones: A raw and honest account of one woman's fight against depression (HarperTrue Life - A Short Read)**

*Caroline Church*

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I Blame the Hormones follows the story of one woman battling long-term depression, her determination to root out the cause, and her ultimate discovery which freed her from its prison.

Caroline Church suffered from a depression so chronic she experienced hallucinations, delusions and even suicidal inclinations. Yet through exploring the correlation between her depressive episodes and the basic elements of female nature, over many years she discovered that what she thought was a mental disorder was actually due to a hormonal imbalance. And the best bit? She learnt what she could do and take to control it.

Shocking, vivid, and a must read for women, their partners and healthcare professionals alike, I Blame the Hormones is the uplifting memoir of Caroline's journey to pull herself through despite all the odds.

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